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'Weather 101' with Al Kaprielian
Page 2

Michaud Insurance Agency, Inc. PAGE 10

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SEE PAGE 4

TRIBUNE REVEALS SOURCE!

SEE PAGE 12

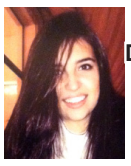
The Alabama-based Eagle~Tribune newspaper made a deal with Salem, NH town officials to conceal a story. The Tribune then revealed to town officials who their source was on that story resulting in the resignation of a selectman, and an out of court settlement costing taxpayers $45,000.

INSIDE this edition!

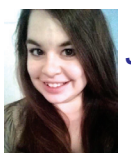
Jeff Katz
Page 2

Al Kaprielian.....2
Veterans.....1, 27
EDITORIAL.....3
Salisbury & The Beaches.....5
REAL ESTATE.....6-8
The Andovers.....9
Methuen.....11, 13
New Hampshire.....12, 17
Lawrence.....12-13
Duggan's Notebook.....16-17
Around The Valley 18-19
Lowell.....20
Culture War.....21
Israel/Teens.....22
Religion/Health.....23-25
Radio and TV 26

Cindy Annis' Vinyl Vault ON WCAP
PAGE 26



Ana Debernardo Teen Talk
PAGE 22



Justess Jacobson Manchester
PAGE 17

Forest Rain On Israel
PAGE 22

Real Estate Listings and Foreclosures from the Northern Essex Registry of Deeds: PAGES 6, 7 & 8

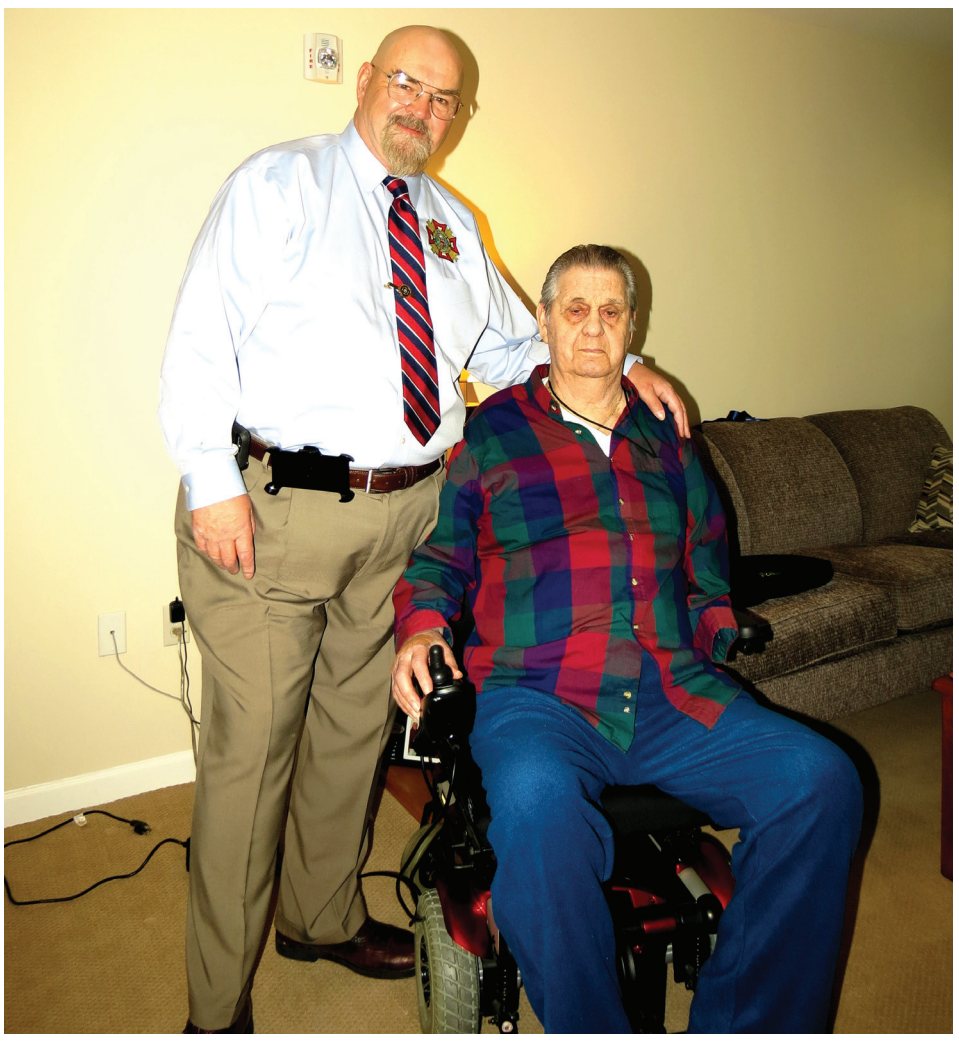
VALLEY PATRIOT OF THE MONTH!

SGT. RICHARD LUSSIER - U.S. ARMY SGT. 78TH INFANTRY DIVISION

Last month The Valley Patriot went along with Gerard Maguire, the Veteran's Services Coordinator for the towns of North Andover and Boxford as he delivered a custom fitted, electric wheelchair for a WWII hero veteran who lost his arm in battle and now is unable to walk.

Richard Lussier fought against the major offensive push by the German military near the end of World War II. Serving with headquarters, 78th Infantry Division, at only nineteen years old, Lussier would display an act of bravery so great that it earned him the Silver Star. The battle raged from December of 1944 through January of 1945, a period of about sixty days. It was a decisive battle, turning the tides of victory in the direction of the Allied Armed Forces against the German military.

VETERANS: PAGE 19



Gerard Maguire, the Veteran's Services Officer for the Towns of Boxford and North Andover delivers a custom fitted electric wheelchair to WWII hero Army veteran Richard Lussier of North Andover. Lussier lost his arm by sniper fire shortly after capturing 27 Nazi soldiers outiside of Berlin during the battle of the Bulge.

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A Truly Demented Idea

Jeff Katz
VALLEY PATRIOT COLUMNIST

Hollywood types have seemingly never been big fans of Ronald Reagan. They did not like the fact that he had been one of them before he stopped reading lines and instead set out to make history. There's a certain antipathy towards the man who once headed up the actors' union but eventually went on to champion the rights of people to work without needing to make forced contributions to some labor fat cat's political slush fund. Critique his policies if you want, but how on earth could anyone think it would be a good idea to mock his final days spent in the throes of Alzheimer's disease?

Yet, that is exactly what has been shopped as a major Hollywood project recently. This movie would show Reagan serving his second term as President but racked with Alzheimer's. This film would present him in an incapacitated state all the while ridiculing him. The hook in this is that "an ambitious intern would convince him that he was not the president at all, just an actor playing the part" and that's where we are told the hilarity would ensue. I sit here shaking my head trying to figure out how any studio head could really think this pitch was the one to get the green light.

I've seen Alzheimer's up close and personal. My grandfather suffered from it, which meant that our family suffered from it as well. My father was the oldest son, and so he bore much of the responsibility of caring for his father. I watched my dad, who was the living-breathing embodiment of strength and honor, cry more than once as he dealt with my grandfather's downward spiral. We had to hire attorneys to unravel my grandfather's surreptitious marriage to a woman he barely knew. Eventually, we went in to court to have my grandfather declared incompetent.

My grandfather did not know where he was much of the time. He was angry and confused. He was sure that people were out to get him but he did not know why. He sometimes recognized his own family and other times he did not. He had to be cared for on a regular basis by others and all of his affairs were placed in the hands of a court appointed caretaker. His anger and confusion subsided over time, but that was because the Alzheimer's became more advanced. It was, as if, his own brain was no longer struggling to find the right words or seek out cherished memories. It was an inevitable acceptance coupled with a total slipping away. He did not know who he was and we could only remember who he had been. His eyes were vacant in a way that defies description.

According to President Reagan's daughter, Patti Davis, her father lived his last days experiencing that same slipping away. Initially struggling to use the right words and recall memories, but eventually just becoming more and more absent. She wrote, "Alzheimer's is the ultimate pirate, pillaging a person's life and leaving an empty landscape behind. It sweeps up entire families, forcing everyone to claw their way through overwhelming grief, confusion, helplessness, and anger."

THE JEFF KATZ SHOW

With his own mom dealing with Alzheimer's disease, Massachusetts Governor Charlie Baker knows just how devastating the illness is. When he was asked about the proposed "comedy" he had a direct and succinct answer, "It's just not funny. There's nothing funny about it."

Here's hoping that Hollywood is listening.

Jeff Katz is a former police officer. He has won multiple Associated Press awards as Best Talk Show Host. He can be heard on iHeartRadio's Jeff Katz channel.

"WEATHER 101" WITH AL!

Return to Warmer Weather

Al Kaprielian
VALLEY PATRIOT WEATHERMAN

After seeing some warm April days with temperatures in the 70's to low 80's, our weather has turned noticeably cooler as we moved into May. In this article we will be explaining why, and also some other weather features that can occur during the spring months.

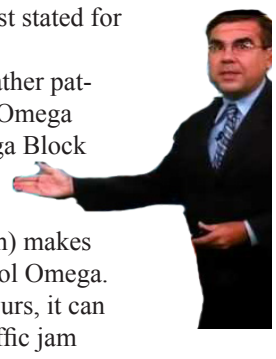
This past winter did not feature much snow and temperatures ran warmer than normal.

This was somewhat due to El Nino, which occurs when the ocean waters of the South Pacific Ocean are warmer than normal. This causes more of a trough, or suppression, of the jet stream along the west coast and the western states, which resulted in above normal rain/snow in that part of the country.

For us here on the east coast, El Nino can cause the jet stream to move farther north into Canada. This put us on the warmer, southern side of the jet stream, causing HIGH PRESHA off the east coast (known as the Bermuda high pressure) to be stronger, and allowed it to push the jet stream farther north.

This gave us milder than normal weather in December, which continued into January.

The exception was the brief very cold weather we had at Valentine's Day. Now that spring is here, we have seen a change in the upper air pattern, which is different than the one I just stated for this past winter.



This new weather pattern features an Omega Block. An Omega Block occurs when the upper level winds (jet stream) makes the Greek Symbol Omega.

When this occurs, it can be just like a traffic jam on the highway. Weather systems at the surface near ground level stop moving because there is a block of air in the upper atmosphere, which causes surface weather features to stall.

This block can cause a few, to several days of cool damp and wet weather if a given location is not under the upper level HIGH PRESHA system associated with this block.

This is the case for us as we begin the month of May. Until the block weakens and breaks down, our cool, damp, wet weather will not change. Eventually, this air block will break down and we will see a return to warmer weather. However, this can be a slow process. These air blocks can form in the spring months as we are in a transition from winter moving toward summer.

We need patience until the block breaks down. One good features of this block is that the cool, wet weather has cut down the high fire danger that we had.

WEATHER: PAGE 17

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Democrats Committing Violence For Democrat Causes

VALLEY PATRIOT EDITORIAL

For years, the false media narrative has been that the Tea Party controls the Republican Party and is made up of a bunch of "extremists" who could turn violent any minute. They are mocked and linked to the Republican Party on TV dramas like Law and Order, and are portrayed as bigots and unreasonable "right wing kooks" on the news. Yet, to this minute there has never been a Tea Party riot ... even with all those guns they have. It's weird when you think about it.

Now, let's compare that portrayal to the "left-wing extremists" committing actual violence, advocated and carried out by left-wing extremist Democrats, who are advancing the Democrat party agenda.

In the last four years there have been riots in the streets of major cities in America by "Occupy Wall Street" and "Black Lives Matter". These are two groups that are supported by the Democrat party. They are also supported by the Communist party and the Socialist party. Two groups that have advocated murdering police officers, carried out the murder of police officers, burned down neighborhoods, committed sexual assaults, shut down highways, (remember Rt. 93 last year?), and all to promote their left-wing, extremist Democrat party agenda.

Does the news media call them "left wing extremists"? No. Does the news media link every violent act to the Democrat party which supports this kind of thuggery? No.

Instead, they turn logic on its head and put forth the story that these people are "justifiably angry" to dismiss the actual violence, while blaming conservatives for "hateful words".

You see how this works?

Just imagine how different the news media stories would be "reported" if the roles were reversed and the Tea Party or Trump supporters were committing violence in the streets of America yelling "white lives matter" and calling for the death of black cops.

Enter Donald Trump. Whether you support him or not, the facts are what they are.

Violent, left-wing Democrat party extremists targeted Trump rallies, assaulted Trump supporters, assaulted police officers, burned down and vandalized police cars, shut down traffic, and demanded to silence his right of free speech. Something the Tea Party has NEVER done.

Think about this. There have been no incidents were Trump supporters have interrupted Sanders or Clinton rallies with violence or threats.

Yet, the news media blames Trump supporters for the violence committed against them. Blame the victim much?

You can hate what Trump stands for and you can even hate him. But, for CNN and the rest of the news media to irresponsibly blame Trump and his supporters for violence committed against them by Democrats, advancing Democrat party causes, is a big lie that Adolph Hitler's propaganda minister Joseph Goebbels would be envious of today.

It's time to stop blaming the victims and start blaming Democrats who support Democrat violence in the name of their Democrat party causes. Otherwise the Democrat violence will only get worse.

H-1B Foreign Workers Are Destroying Valley Economy

Duncan Burns
VALLEY PATRIOT RESEARCH SPECIALIST

Right now, when it comes to labor issues, all eyes are currently on The Verizon Strike, which affects many municipalities across The Merrimack Valley. Many will question the union's motives, as the tactic of going on strike is usually in order to strong-arm a company into submission and usually with the help of some political clout. This time it is truly different.

There is an insidious movement in our country, one that is causing extreme harm to our fellow American, unionized or not. It is the precipitous rise of the H-1B Visa worker, and they are destroying the American workforce, and it is happening right here in The Merrimack Valley.

The H-1B program is facilitated by The Department of Homeland Security and falls under The U.S. Citizen & Immigration Services. The requirements are as follows: a Bachelor's degree or higher, the degree must be common for the position in the industry, the employer normally requires a degree for the position, and the nature of the job is so complex that the position usually is associated with acquiring a Bachelor's degree or higher. The degree must also be related to the position applied for and evidence must be submitted demonstrating such. However, an H-1B applicant can be approved without a degree if the applicant has an unrestricted state license, registration, or certification, which would authorize the applicant to immediately engage in the specialty occupation.

Where do we look for this war on the American Worker? We go to our own backyard in Littleton, Massachusetts where International Business Machines (IBM) has a sizable campus based there. IBM has a fairly large employment footprint in Massachusetts in general, however, "Big Blue" as it was once called, is not the IBM of old where getting a job secured you with decent pay and great benefits, a place one could retire from. Those days are over. IBM, like a lot of Corporate America, is going through a secular change, a change that has finally caught up with those striking Verizon workers. That change is taking talented and hardworking Americans, and replacing them with H-1B Visa workers, or off-shoring and outsourcing American jobs entirely.

IBM was the fourth largest user of the H-1B program in the country in 2015, but has since moved to the number three position. From 2013 to 2015, IBM has filed 27,398 applications for H-1B Visas, third overall during said time period. Why is this important some may ask? A lot of companies do it, right? They do, only IBM is treated special, and because of that special treatment, we simply do not know how many Americans have lost their job to H-1B Visa workers. Specifically, for Massachusetts, there was a 45% increase in certified H-1B workers from 2015 to April 2016; over 500 H-1B workers are now working for IBM alone in Massachusetts. In Littleton, that percent increased 68% to over 100 H-1B workers just at the Littleton campus.

Why does this matter? The mainstream media has been silent on this issue, but IBM has been in the process of firing, in IBM terms it's called a "Resource Action" (RA), tens-of-thousands of American Workers here in the United States.

We don't know the exact number because part of the special treatment IBM is receiving is that they are not being forced to divulge how many American Workers they fired, as IBM is treating it as a trade secret.

Estimates have been speculated to as low as 14,000 to a high of 33,000 American, U.S. based workers. Even on the low end, one would think that with this many in a mass firing event, it would trigger The WARN Act reporting requirements. It has not, at least not in Massachusetts.

Why are these numbers important in regard

H-1B VISAS: PAGE 27

The Ugly Truth About Common Core Education

DJ Deeb
METHUEN SCHOOL COMMITTEE

The debate over Common Core has been heating up over the past several months, especially with the Presidential and Congressional Elections looming. The purpose of this article is to explain the origins of Common Core, summarize the standards, and offer suggestions on how to stop Common Core from being implemented in Massachusetts.

What is Common Core?

Common Core was a set of standards in English and Mathematics written and pushed by private interests in Washington, DC, without any representation from career educators or the states. The standards were adopted in advance of being written by 46 states in return for receiving Race to the Top funds by the Obama Administration. 4 states have since withdrawn. The U.S. Department of Education, led by then Obama Education Czar Arne Duncan, was involved in promoting Common Core and provided millions of dollars in funding to two private companies that are designing national tests that will be aligned with the Common Core standards. It is worth noting that Arne Duncan was a sociologist and had never been a classroom teacher. Pearson Publishing Company was given an exclusive contract to create a national test. In addition, David Coleman, one of the 5 individuals who wrote the Core standards and led the effort for Common Core adoption, has no education background and is now in charge of both the SATs and the AP History Exam as the Chairman of The College Board, Inc.

Private testing companies and textbook publishers are pushing for spending millions of dollars pushing Common Core because these corporations see the possibilities of hundreds of millions of dollars in profits generated from the new tests, computers, preparation guides, and Common Core-aligned textbooks.

What's wrong with a high-stakes national test? As researchers Richard Phelps and R. James Milgram of the Pioneer Institute point out, "Most European and East Asian countries have much smaller disparities in income and narrower "achievement gaps" across demographic groups than we have in the U.S." In addition, states can already be compared and measured against other states. In the elementary/middle school years we already currently utilize the National Assessment of Educational Progress (NAEP) test, in high school we use the SAT and ACT. Many colleges are abandoning both the SAT and ACT as admissions criteria because these tests have been changing significantly and for the worse.

Common Core is nothing more than the failed and repackaged proposed Outcome-Based education of the 1990's. According to an August 21, 2012 Washington Post article by career educator Marian Brady, "The Common Core Standards are a set-up for national standardized tests, tests that can't evaluate complex thought, can't avoid cultural bias, can't measure non-verbal learning, can't predict anything of consequence (and waste boatloads of money)." In a Saturday Evening Post interview on October 26, 1929, Albert Einstein commented, "I believe in standardizing automobiles. I do not believe in standardizing human beings. Standardization is a great peril which threatens American culture." I could not agree more.

What are the Standards and Why is Common Core Bad For Our Students?

The new Common Core ELA Standards stress more non-fiction informational texts and less classical literature. The concern is more indoctrination and less evaluation of a character's morals and ethics. According to a report by National Public Radio, "In English language arts, the standards emphasize using evidence from texts in writing, and answering text-dependent questions in reading." The Pioneer Institute of Boston reports "Common Core's literacy standards are clearly not academic, or content, standards, as the introduction to its ELA document promised. They are statements of different purposes for reading and writing in any subject."

The new ELA texts contain graphic pornographic depictions, which should cause deep concern for every parent. One especially graphic text in the curriculum is Toni Morrison's The Bluest Eye, which graphically depicts rape, incest, and pedophilia. Is this what we want our students to read and "analyze" in English class? Dr. Sandra Stotsky, who wrote a large part of the ELA Framework for Massachusetts, which made Massachusetts the highest achieving state in the nation, resigned in disgust from the Common Core Advisory Team and is now actively opposing the implementation of Common Core.

The new Math of Common Core removes memorization of addition, subtraction, and multiplication problems and replaces these with complex drawings and problem-solutions that parents are already finding are too complicated and many more are frustrated that they cannot assist their children with completing their homework.

Students in grades K-2 cover addition and subtraction while students in grades 3-5 cover multiplication, division and fractions. Students in Grades 6-8 cover ratios, proportions, and some algebraic concepts. According to NPR, "The Common Core sequence does not completely tackle algebra until high school, and the standards don't fully prepare students to take calculus even in college (a common criticism of the Common Core math standards). In 2009, the most recent year for which statistics were available, 15.9 percent of high school graduates had already taken calculus." In other words, Common Core lowers the current standard which includes the teaching of Calculus in high school. The latter has made Massachusetts students Number 7 in the world in Mathematical achievement. Common Core Math writer, Jason Zimba, has admitted that the standards which he helped to author does not prepare high school students for Science, Technology, or Engineering majors in college, nor do these standards prepare students to meet the admissions criteria of top colleges and universities.

Let's now turn to Social Studies. According to the Pioneer Institute, "History teachers see that their subject plays second fiddle to mathematics and English. They also see that a core part of American history (the philosophical and historical antecedents to the Constitutional period, as well as the contentious issues with which the Framers grappled) has been deliberately minimized or distorted by the College Board in its

COMMON CORE: 20

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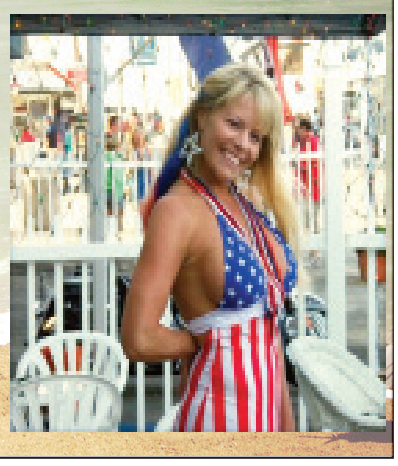

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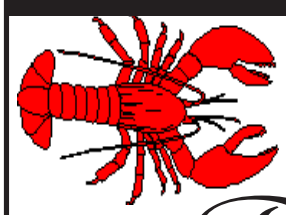

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How the Daily News Tried to Rig Selectman Race in Salisbury

Tom Duggan
VALLEY PATRIOT PUBLISHER

Because The Valley Patriot published this month's edition on the day of the Salisbury election, we were not able to give you the election results. We did, however, want to share with you what happened shortly before election day in the hopes that Salisbury residents will wise up to how they are being manipulated by the Daily News.

This month, the Newburyport Daily News (owned by the Eagle ~Tribune, headquartered in Alabama) ran a hit piece on Salisbury Selectman candidate Gil Medeiros being fired years ago from his job at the Essex County Sheriff's Department.

And, while the Daily news seems to have finally figured out how to do real investigative journalism after decades in business, they are still up to their old tricks in the way they try to purposely, and underhandedly, fix elections to favor the insiders in Salisbury who feed them information and spend lots of money on advertising.

Yes, Medeiros was fired by the Sheriff's Department in 2010 for not reporting to his supervisors his "involvement" in a stolen backhoe sweeper. And yes, he was also previously reprimanded for posting a politically incorrect photo on his Facebook page, something all of us have done from time to time.

But, there's reporting facts, and then there's reporting only some of the facts in order to purposely sink a political candidate running for office.

What they didn't "report" in that backhoe incident, is that Medeiros had been the whistle-blower who informed Peabody Police of the culprit's identity. They didn't report that he cooperated with police when

GIL MEDEIROS

the equipment was found on state property near his, (not on HIS property as was alleged) and they also didn't report that it was Medeiros who facilitated getting the sweeper returned to it's rightful owner.

Those are pretty important facts when reporting a "news" story about a candidate for office just 6 days before an election.

None of this, however, is the real issue at hand for Salisbury voters, who will choose their selectmen on Tuesday.

The issue at hand is how the Newburyport Daily News manipulates their readers to vote out of emotion to get the election results most favorable to them.

SELECTIVE REPORTING

By their own admission, the Daily News had this story three years ago when Medeiros first ran for selectman, but they never printed it. Wasn't it "news" then? Isn't it a dereliction of duty to hold back a legitimate news story on a candidate for office? Why didn't they run the story that year? Because Medeiros was not considered a real contender, he was no threat to the "insiders" who play ball with The Daily News.

They also didn't run the story last year when Medeiros again ran for selectman. Why? Nobody, not even the Daily News thought he had a legitimate shot at winning that election either.

But, when Medeiros lost that election by only 19 votes, it was clear that he would be the front runner candidate if he decided to run again this year.

So, the Daily News sat on that "news" story for another full year, waiting in the bushes to ambush Medeiros if he stepped forward to run against their favorite son, Freeman Condon, this year. And that's exactly what they did.

You see, Condon is a sacred cow to the Daily News because he rubber stamps everything that Town Manager Neil Harrington puts in front of him. Condon is Harrington's wingman. He has been involved in covering up the misdeeds of Harrington and town officials for years. Condon is very valuable to the Daily News, and their glowing coverage of all things Condon, makes it evident to anyone in this business who pays attention.

It is odd, however, that the Daily News has never done an investigation on Freeman Condon allegedly filling wetland on his property. Also odd is how they buried a story in the Seabrook section of the paper that Selectman Henry Richenberg was fined $2,500 by the ethics commission for conflicts of interest. Apparently the only investigations The Daily News is interested in involve those who are a threat to the good old boy network.

SHAMELESS

What's different about how the Newburyport Daily News does the bidding for Condon, Harrington, and the good old boys in Salisbury, is that they are shamelessly open about it.

Two years ago, AngelJean Chiaramida called The Valley Patriot to ask me, "reporter to reporter" who our source was on the Harrington expose we published

SELECTMAN FREEMAN CONDON

about the fake sewer betterment of 1992. She did this less than 24 hours after her pal Neil Harrington made the bogus claim at a selectman meeting that it was Tom Saab and the members of Salisbury Beach Citizens for Change who tipped me off.

Apparently, Harrington was desperate to find out who blew the whistle on that story because he dispatched AngelJean to see if she could persuade me to give up our source! How outrageous that a reporter would call another reporter to violate the one commandment of journalism, protecting sources anonymity.

It is clear that the American people are tired of the so-called "news" industry slanting news and selectively reporting one side of a story to fix election results. The only group of people that the public hates more than politicians is reporters. And shenanigans like this are the reason why.

DAILY NEWS: PAGE 18

Auditor Finds State Retirement Board Paid Dead People $687K

State Auditor Suzanne M. Bump has issued an audit of the MA State Retirement Board (MSRB), which found that the agency made more than $687,000 in payments to deceased pensioners, and underpaid more than $271,000 to pensioners whose designated beneficiaries had died. The error occurred because the MSRB's contractor, LexisNexis, did not notify the board of new requirements to access the Social Security Administration's (SSA) Death Master File (DMF). As a result of the audit, MSRB has corrected the problem, recovered approximately $608,785 of erroneous payments, and restored more than $271,000 in underpaid benefits.

"The MSRB ensures that public employees who have served the people of our state for years are able to provide for themselves and their families in retirement," said Bump. "I'm pleased that the MSRB has taken swift action to recoup funds, correct underpayments, and ensure that this problem does not occur in the future. The quick action to recognize and resolve the problem is an important step in restoring the public's trust in government."

Under the changes to the DMF, MSRB was required to demonstrate a fraud prevention interest to access the information; however, LexisNexis did not notify MSRB that they were required to prove certification of their interests to ensure continued access to these records. As a result of this failure, MSRB received SSA death data that did not include deaths that occurred between March 26, 2014 and August 31, 2015, which resulted in payments to deceased individuals and underpayments to surviving pensioners. LexisNexis and MSRB have since taken action to ensure they have access to the most current information from SSA.

During the two-year audit period, MSRB made payments to 105 deceased pensioners. These pensioners had been deceased for a median of 103 days, and received an average overpayment of $4,547.

Under state law, when a pensioner assigns a beneficiary to receive their pension payout in the result of their death, a portion of the pensions is set aside for that individual upon the member's death. However, if the beneficiary dies first, the member thereafter receives the full payment. MSRB underpaid 44 pensioners in this situation where their beneficiaries had been deceased for a median of 321 days, with an average underpayment of $5,350. However, one beneficiary had been deceased for 3,269 days, for a total underpayment of $41,264.

The audit also found that the agency was not properly sampling Benefit Verification Forms (BVF) to ensure accuracy of information. One undetected inaccuracy may have involved fraudulent activity of more than $7,000, which is now being investigated by the Middlesex District Attorney's Office. The audit also showed the agency did not have a complete and updated internal control plan.

This isn't the first time Bump has found state agencies making payments to deceased individuals. In 2013, she released an audit of the Dept. of Transitional Assistance, which found that the agency had paid $2.39 million in benefits to individuals for months after they were reported to be deceased. In fiscal year 2014, MSRB paid more than $1.8 billion in benefit payments to more than 57,000 retirees and survivors.

IN YOUR CORNER WITH SENATOR KATY IVES

Kinder Morgan Pipeline Suspension is Victory for Merrimack Valley

Kathleen O'Connor Ives
MASSACHUSETTS STATE SENATOR

Kinder Morgan, a Houston, Texas-based energy infrastructure company, submitted its first letter related to their Northeast Energy Direct Project (NED Project) to the Federal Energy Regulatory Commission (FERC) on September 15, 2014. It detailed a plan to construct 177 miles of new pipeline from Wright, New York to Dracut, Massachusetts, including a seven-mile stretch of 16-inch pipeline called the Haverhill Lateral, which would cut through Methuen. Nineteen months after that original filing, Kinder Morgan released a statement last month on April 20, announcing they were suspending the project, citing "inadequate capacity commitments from prospective customers."

I have no doubt that a major contributing factor to Kinder Morgan's decision was the strength of its opposition, formed by a broad-based coalition of ordinary citizens fighting for the safety of their communities, to protect public lands, and to exercise their private property rights by preventing the seizure of their land through eminent domain.

I have been a vocal opponent of the project both in my capacity as a state legislator and as a private citizen, urging my constituents and other residents of the Merrimack Valley to attend public hearings and submit comments. In November, I testified before a legislative committee in opposition to a bill that would have allowed Kinder Morgan to run their pipeline through over 100 parcels of constitutionally protected land.

Our state has committed major public resources—over $360 million for land conservation in the past seven years alone—in order to protect natural habitats and precious water quality. If the legislation had been successful, almost 30 acres would have been permanently impacted for the transport of fracked natural gas, and one million gallons of water would have been drawn from a pond in the Otis State Forest to test the pipeline.

Just days prior to Kinder Morgan's announcement that they were suspending the project, I attended and spoke at a hearing in Dracut where the state Department of Public Utilities (DPU) was gathering testimony related to a Kinder Morgan petition to force private landowners to allow the company to conduct land surveys on their property.

In total, over 400 property owners in Massachusetts, including 35 in Methuen, received and refused requests by the company to survey their land as potential sites to dig up and install the pipeline. Residents did not want to give permission for the company to enter their properties for various reasons, whether out of concern for their future home values, in order to protect costly landscaping, or for the safety of their families.

KINDER: PAGE 9

Property Listings, Foreclosures for April, 2016 in Methuen, Andover, North Andover, & Lawrence, from The Northern Essex Registrar of Deeds

METHUEN

Tina Quick Zahn Robert and Denise 27 Weybossett Street 01844 Methuen $359,900.00

K L N CONSTRUCTION CO INC. Scheri Michael 192 Merrimack Street 01844 Methuen $349,900.00

Lynne Buchan Quick Tina 45 Washington Street Unit S-91 01844 Methuen $205,000.00

Timothy and Daniel Fluet Ross Kristen Margaret 52 Cochrane Circle 01844 Methuen $339,900.00

Rosemary Casale Carlberg Robert and Deborah 10 Hartshorne Way Unit 142 01844 Methuen $495,000.00

William and Maryanne Mcgurn Shields Joseph 5 Summit Ave. 01844 Methuen $250,000.00

DEUTSCHE BANK NATIONAL TRUST CO. Juanel Paulino Leticia Bermudez and 302 Lowell Street 01844 Methuen $290,000.00

Timmy Pacheco Alasmar Laila 36 Rossi Street Unit 36 01844 Methuen $260,000.00

Candido and Juliana Delacruz Ferreira Pedro and Renia 29 Elm Street 01844 Methuen $339,900.00

Mark and Rebecca Claffee Dejean Paul Dunsteadler Dawn Louis 7 Amalfi Road 01844 Methuen $99,267.00

Victor German and Jean Clevesy Martin Jayson 65 Pilgrim Circle Unit 65 01844 Methuen $135,000.00

George Ruiz and Marisabel Luzuriaga Ortega Noel 112A Ford Street Unit A 01844 Methuen $88,000.00

121 North Lowell Street 01844 Methuen $90,000.00

Thomas and Juliet Bistany Bistany Juliet 1 Brook Street 01844 Methuen $16,317.00

David and Robin Corsetto Feliciano Carlos and Liliany 27 Warren Ave. 01844 Methuen $407,500.00

Donald and Rosibel Rogers Rogers Donald 259 Oakland Ave. 01844 Methuen $23,500.00

Alice Tombarello Charabiti Wahib 67 Arthr Street 01844 Methuen $195,000.00

Nancy Maedel Galvin Paul and Karen 6 Copley Drive 01844 Methuen $420,000.00

Kevin and Ann McDade Kara Cann Ernesto Bencosme and 2 Meghans Way 01844 Methuen $505,000.00

AXFORD FAMILY TRUST Axford James 77 Ford Street Unit F 01844 Methuen $110,000.00

Melvin Taveras Nelson Done Isely Naveo and 8-10 Ashton Place 01844 Methuen $350,000.00

US BANK TRUST Franny Pena Yarilis Rivera Depena 19 Erie Road 01844 Methuen $193,900.00

ESSEX MANAGEMENT & REALTY PROPERTY INCE Quinn Stephen J. 267 Oakland Ave. 01844 Methuen $379,900.00

Debbra and Kyle Farinella Sawicki Jeremy and Brittany 131 North Lowell Street 01844 Methuen $288,900.00

Daniel and Lisa Rasanen Butler Nicholas 38 Summer Street 01844 Methuen $336,000.00

Charles and Margaret Borrelli White Derek 22 Ashford Street 01844 Methuen $210,000.00

Diane & Jessica Lemenager Wright Christopher & Christie 54 Sorrento Ave 01844 Methuen $451,400.00

Kenneth & Mary Smith San Clemente Marilyn 58 Sherwood dr unit 204 01844 Methuen $499,500.00

EJT REALTY TRUST & Kathleen Terranova Recio & lacourciere Yvone & Claire 1 Riverview Blv unit 1-002 01844 Methuen $219,900.00

Daniel Merion Furnari Salvatore & karen 7 Ames St 01844 Methuen $305,000.00

Stephen & Tracy Houlihan Arias & Delgado Solanlly & Kelvin 11 Fulton St 01844 Methuen $250,000.00

Steven & Jennifer King Joseph Yves & Carmel 57 Vida St 01844 Methuen $372,500.00

Stacey JoaaQuin Guananga Angel 21-23 Plymouth St 01844 Methuen $309,900.00

NORTH ANDOVER

John and Margaret Ross Cano Diana M. 11 Village Green Drive Unit 17 01845 North Andover $199,900.00

Roger and Nancy Gauld Carcia James and Erin 187 Stonecleave Road 01845 North Andover $569,000.00

Stephanie and Kyle Worthley Kim Chang and Tai 47 Chickering Road 01845 North Andover $431,000.00

Michael and Caroline Ciampa Faleh Samira 78 Edgelawn Ave. Unit 10 01845 North Andover $145,000.00

Shiyu He and Jianhua Qian George Zhanqi Hwe-Min Juang and 700 Chestnut Street 01845 North Andover $463,000.00

Paul Moncevicz Mason Steven and Debra 128 Dale Street 01845 North Andover $369,900.00

Jae Hyung Yi Bianchi-Coppola Nicholas 190 Chickering Road Unit 314D 01845 North Andover $265,000.00

Lorraine Savastano Savastano John 273 Greene Street 01845 North Andover $406,250.00

Sandra and Dana Owen Aiswarya Nair Moolcattu Varun Ramachandran and 86 Meadowood Road 01845 North Andover $405,379.00

Santander Bank Riordan Lindsey 60 Edgelawn Ave. Unit 1 01845 North Andover $110,000.00

Wendy Lee Martin SAINT CHRISTOPHER PROPERTIES LLC 87 Buckingham Road 01845 North Andover $262,500.00

Debra Derise Malon Bernard and Helen 148 Main Street Unit S130 01845 North Andover $175,000.00

OBRIEN HOMES INC Valinch Joseph and Alicia 1447 Salem Street 01845 North Andover $490,000.00

FEDERAL NATIONAL MORTGAGE ASSOCIATION Duquette David and Julie Granville Lane 01845 North Andover $48,000.00

NORTH ANDOVER 2004 LLC ATLANTIC -N ANDOVER REALTY LLC 351 Holt Road 01845 North Andover $13,000,000.00

288 Sutton Street LLC Herold Kalens and Elda 25 Mathews Way Unit 25 01845 North Andover $394,900.00

Thomas and Joy Browne Nayak Hariprasad and Archana 679 South Bradford Street 01845 North Andover $750,000.00

Kara and Marcello Rullo Anqi Fu Pei Wen Zhang and 4 Harvest Drive Unit 302 01845 North Andover $293,000.00

Richard and Rita Rowen Prudhomme Stephen and Amber 103 Bear Hill Road 01845 North Andover $630,000.00

Tracy Johnson Bryant Patti 1401 Great Pond Road Unit 14 01845 North Andover $154,000.00

Richard and Colleen Graham Worthley Kyle and Stephanie 2177 Salem Street 01845 North Andover $549,000.00

Kenneth Welborn and Catherine Obert Sloan Edward 172 Chestnut Street Unit 11 01845 North Andover $202,000.00

Margaret Andwerson Reiland Scott and Stephanie 51 Buckingham Road 01845 North Andover $479,900.00

BRADFORD STREET REALTY TRUST Beckley Jesse and Diana 29 Bradford Street 01845 North Andover $369,000.00

Jeffrey Reinold and Rachel Henderson Auterio Coleen 54 Fernview Ave. Unit1 01845 North Andover $124,600.00

Margaret Fiore Ferraro Alexander 124 Berry Street 01845 North Andover $364,900.00

Haeyun Juliana Kim Moustakas Lindsey Christopher and Kathleen 182 Olympic Lane 01845 North Andover $625,000.00

RASA FAMILY TRUST Chheda Jubin and Bhavini 9 Bucklin Road 01845 North Andover $470,000.00

Janice Manning Connelly Daniel and Caroline 677 Salem Street 01845 North Andover $429,900.00

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Property Listings, Foreclosures for April, 2016 in Methuen, Andover, North Andover, & Lawrence, from The Northern Essex Registrar of Deeds

Catherine Rando Schruender Edward 80 E Water Street 01845 North Andover $214,900.00

Frederick Miller Bolognese Kristen 59 Farrwood Ave Unit 6 01845 North Andover $153,000.00

FEDERAL HOME LOAN MORTGAGE CORP Chiasson David P III 311 Adams Ave Unit B 01845 North Andover $245,000.00

Barbara & John Farragher Yurrita & Hart-Yurrita Jose & Brienne 393 Johnson St 01845 North Andover $550,000.00

Hsiu Chen & Shih Ying Yang Burns Mark 1403 Basswood Cir Unit 1403 01845 North Andover $389,000.00

BRED & ROSES HOUSING INC Chhoeuy Daneth 64 May St 01845 North Andover $175,000.00

Rong Wu & Zhiyu Ru Wyatt Scottie & Billie 14 Puritan Ave 01845 North Andover $637,000.00

Joseph & Jennifer Schrafa Obrien Kevin & Usaila 19-21 Furber Ave 01845 North Andover $417,500.00

NORTH ANDOVER REALTY CORP Albano Jonathan & kelly 90 Molly Town Rd 01845 North Andover $1,050,000.00

ANDOVER

Christine Dargan Lichun Yang Jianhua Huang and 10B Washington Park Drive Unit 6 01810 Andover $125,000.00

Donald Wells Daniel Branken Erika Page and 54 Birch Road 01810 Andover $480,000.00

Kelly Moriarty Gambino Alex 16 Balmoral Street Unit 420 01810 Andover $224,000.00

Richard Gang and Deborah Sloan Amy Whitehead Michael Novaria and 20 Blueberry Hill Road 01810 Andover $775,000.00

James and Erin Carcia Lynch William and Sara 477 South Main Street 01810 Andover $332,000.00

RMC HOLDINGS LLC RAMOL PARTNERS LLC 1 Launching Road 01810 Andover $330,000.00

10 LJ ROAD LLC CONSOLIDATED PROPERTY LLC 10 Lowell Junction Road 01810 Andover $1,700,000.00

Roger and Susan Jenkins Cooney Padraig 15 West Parish Drive 01810 Andover $630,000.00

Wayne Whivell and Kathleen Dalton Dwight Brown Donamarie Casey and 11 Chandler Circle 01810 Andover $742,500.00

DARGIE FAMILY TRUST Bozorgzadeh Afshin 265 Andover Street 01810 Andover $218,000.00

Donn and Ruth Rosensweig Mcsweeney John and Catherine 19 Burton Farm Road 01810 Andover $485,000.00

Jane Rabe Gaurdian Community Trust 1 Elm SQ Unit 2B 01810 Andover $165,000.00

Sundance of Andover LLC Olga Katkova Igor Abramovich 22 Railroad Street Unit 314 01810 Andover $259,900.00

Andra Brewer HBI LLC 32 Lovejoy road 01810 Andover $350,000.00

Geoffrey and Amy Kravitz Gabriel Scot and Laura 23 Moraine Street 01810 Andover $467,700.00

David Nazzaro Anne Marie & Associates LLC Pensco Trust 273 South Main Street 01810 Andover $565,000.00

Evan and Cheryl Denmark Tatsiana Smirnova Aliaksander Smirnou and 5 Olde Berry Road 01810 Andover $429,450.00

Dennis Murphy Patel Nikunjbhai 100C Washington Park Drive Unit 9 01810 Andover $120,000.00

Chongris Investments LLC Zhong Xiaoying 1 Powder Mill Sq. Unit 303A 01810 Andover $362,000.00

Chester Street LLC Rana Pratikkumar and Hetal 23 Chester Street 01810 Andover $700,000.00

John and Lauren Annarelli Annino Benjamin and Magan 124 Dascomb Road 01810 Andover $660,000.00

Donn and Ruth Rosenweig Mcsweeney John and Catherine 19 Burton Farm Road 01810 Andover $83,878.00

Kathleen Smith and Richard Duffy Parkiotis James 5 Osgood Street 01810 Andover $450,000.00

Shaun Morgan and Lily Mendez-Morgan Sri Amarnadh Inturi Lalitha Guthikonda and 17 Copley Drive 01810 Andover $625,000.00

Russell and Lisa Stanton Puvanaraj Kunarasah 18 Exeter Way 01810 Andover $580,000.00

L&R REALTY CORP PEARSON ST PROPERTIES LLC 33 Pearson Street 01810 Andover $560,000.00

Danh and Anne Dang Annarelli John and Lauren 7 Cherokee Circle 01810 Andover $820,000.00

Peter and Joan Broderick Esdale Daniel and Erin 4 Surrey Lane 01810 Andover $660,000.00

Carole Raco BELFORD CONSTRUCTION INC. 158 Greenwood Road 01810 Andover $105,100.00

KINDRED HOMES INC Macdonald Shane and Christina 1 Highland Ave. 01810 Andover $874,000.00

Robert and Susan Neeb Chen Ijen 30 Colonial Drive Unit 30A-2 01810 Andover $97,000.00

George Moreau Longo Michael and Rachel 79 Harold Parker Road 01810 Andover $530,000.00

Edward and Laurie Oteri Goldman Susan 13 Dean Circle 01810 Andover $510,000.00

Kathleen and Anthony Tiberii Macquarrie Brett and Amanda 1 Seminole Circle 01810 Andover $765,000.00

John and Lorri Meyer Charles Gendron Robert Peterson and 79 Woburn Street 01810 Andover $330,000.00

William and Charlotte Page Weidman Christopher and Kerri 54 Brookfield Road 01810 Andover $475,000.00

ALRO LLC SHAWSHEEN VALLEY DEVLOPMENT LLC 36 Westwind Road 01810 Andover $345,000.00

Lynn Barrach Kiley Barbara 36 High St 01810 Andover $262,000.00

Elizabeth Vallis Mckenzie Lislie d D2 Colonial Dr Unit D2-5 01810 Andover $102,375.00

Eugine & Kimberly Kaminsky Molignano Jessica 9 Maple Ct 01810 Andover $350,000.00

Steven & Gemma Edwards Thakur Jennifer 6 Warwick Cir 01810 Andover $1,450,000.00

Yvon Cormier & CA INVESTMENT TRUST Cohen Dorith & Ron 9 Trevino Cir 01810 Andover $2,272,000.00

Junqing & Huihong Ma & Song Rabelo & Lima Karina & Viviane 128 Andover St 01810 Andover $590,000.00

Robertson & Green Garvey Brian & Meghan 9 Temple Pl Unit 9 01810 Andover $329,000.00

Vicki Jacobs Arevalo-Palmer Robert & Ana 5 Dawn Cir 01810 Andover $747,000.00

Allen & Janet Schweitzer Thornton Adam & Chystal 6 Homestead Cir 01810 Andover $750,000.00

Anita Gohel Shi & Wang Jiandong & Min 10 Star Ave East 01810 Andover $725,000.00

Thomas Dudley Khatchadurian Michael & Holly 293 salem St 01810 Andover $615,000.00

Tejal Shonak Patel Lee Song Woo & Don Sun Kim 14 Hearthstone Pl 01810 Andover $825,000.00

Eric & Erica Smith Andrew 36 Elm St 01810 Andover $525,000.00

LAWRENCE

JMP REALTY TRUST Saenz Denidza 97 Chester Street Lawrence $250,000.00

Edinson and Ana Salazar Hernandez Rosaura 61 Juniper Street Lawrence $280,000.00

Penelope Valdez Mejia Ortiz Luisa 98 Farnham Street Lawrence $280,000.00

LAWRENCE CITY Vasquez Elvis 50 Crosby Street Lawrence $3,100.00

Franklin Parra Sanchez Pedro 1-1A Washington Street Lawrence $390,000.00

Sharbel Azzi BELLA REALTY TRUST 224-26 Inman Street Unit 35 Lawrence $85,000.00

Adrien Martin and Barbara Burns Morera Nicole 23-25 Kenwood Street Lawrence $265,000.00

Marlene Louis Gilles Frias Johanne A. 46 Park Street Lawrence $140,000.00

DAHER GROUP INC. Juan C. Sanchez Ana R. Santos and 13-15 Whitman Street Lawrence $350,000.00

BANK OF NEW YORK MELLON TRUST CO. CHARLES HOPE COMPANIES LLP 105-107 Prospect Street Lawrence $15,000.00

Francisco Espaillat Aronson-Walker Anita 95 Byron Ave. Unit 2 Lawrence $135,000.00

Jean Roy Banks John and Marian 169 Gilbert Street Lawrence $127,500.00

Jeanaley Cruz and Alexander Rivera Maginnis Hugh and Majorie 15 Corbett Road Lawrence $260,000.00

Luis Velazquez Sanchez Reynaldo 66 Ames Street Lawrence $142,820.00

Majd Khatib and Najmeh Rashidfaroki ESSEX STREET REALTY PROPERTY LLC 355-359 Essex Street Lawrence $450,000.00

Andrys Castillo Gabriela Lora Rosa Pena and 2-4 Eastside Street Lawrence $325,000.00

LAWRENCE CITY Rozon Junior 92 Oak Street Lawrence $3,300.00

LAWRENCE FAMILY DEVELOPMENT & EDUCATION FUND INC. LUMBINI BUDDHIST ASSOCIATION INC. 127-133 Melvin Street Lawrence $25,000.00

Vanessa Garcia Cruz Angel 40-42 Crescent Street Lawrence $150,500.00

CLOUTIER ESSEX REALTY TRUST BROTHERS OF LAWRENCE LLC 459-465 Essex Street Lawrence $1,200,000.00

Edwin Brito Heyer Marie 579-581 Haverhill Street Lawrence $357,000.00

Louis Bernabe Segura Hirkelson 66 Coolidge Street Lawrence $220,000.00

Belgica Urbaez Aracelis Rodriguez Yolanda Polanco and 22 Hampton Street Lawrence $70,523.00

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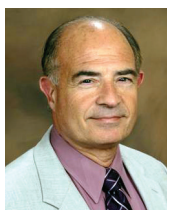

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Jose Mena Yudenny Castillo Javier Francisco Salazar and 92 Exchange Street Lawrence $104,043.00

Michael and Dawn Cushing Reyes Winston 5 Patton Street Lawrence $37,926.00

Lee, Scott, and Sharon Lebowitz JAI MA LLC 1 Tremont Street Lawrence $113,657.00

Raymond Cloutier H BROTHERS OF LAWRENCE LLC 459-465 Essex Street Lawrence $65,154.00

Connie Bonneau Bernabe Louis 334 Prospect Street Unit A Lawrence $92,540.00

Julius Wakaba Wakaba Titus 67B Beacon Street Lawrence $170,000.00

Anazario Quezada Dejesus Bienvenido 26 Wells Street Lawrence $113,782.10

Katherine Volmara Artilles Erick 14-16 Blakelin Street Lawrence $280,000.00

Michael Tarshi and Daniel Miller Mojitabai Reza 333-327 Essex Street Lawrence $229,900.00

Steven Desandis Cuscia Allan 26-28 Phillips Street Lawrence $280,000.00

Barbara Huntress-Rather Jennifer Mistretta Willie Santiago and 4 Chapin Street Lawrence $224,000.00

Cornelius and Ann Marie Smith Ferreira Jose 192-194 Water Street Lawrence $300,000.00

US BANK TRUST Rodriguez Reynaldo 169-171 Salem Street Lawrence $225,000.00

David Feliz Pena Gloria 14-16 Durham Street Lawrence $235,000.00

ST GERMAIN Americn Real Estate Development LLC 15 Ferry Ave Lawrence $140,000.00

William Sylvia and Carol Blanchard Disla Laura 4 Stearns Ave Lawrence $275,000.00

Vianny and Diomedes Martinez Martha Marte Victor Baralt 19 Exeter Street Lawrence $230,000.00

Hyun Supul Perez Jose M. 465 High Street Lawrence $324,000.00

Patricia Burke Ai Le Lam Bui and 17 Marique Drive Lawrence $285,600.00

Ronald Maheu Nazzaro David 7 Lenox Circle Lawrence $276,000.00

Linda Plonwski Linda Plonowski-Bollea Trust of 2015 119 Everett Street Lawrence $77,501.00

Conie Bonneau Bernabe Louis 334 Prospect Street Unit A Lawrence $92,540.00

Roberto Puello Lora Delosangeles Junior 150-152 Farnham Street Lawrence $300,000.00

Jose Torres Hernandez Altagracia 264A Jackson Street Lawrence $107,000.00

David and Judith McCarthy Reyes Juan 29-31 Washington Street Lawrence $225,000.00

Cemal Argon DIVERSE REAL ESTATE LLC 182-184 Water Street Lawrence $130,000.00

Mavas LLC Colon Manuel 46 Florence Ave. Lawrence $205,000.00

LAWRENCE CITY LAWRENCE CITY DEVELOPMENT & EDUCATION FUND INC. 141-143 Hancock Street Lawrence $6,000.00

Argentina Malesky Lebretton Sutherland John 100 Hancock Street Lawrence $155,000.00

Jonathan Fernandez Jhordan Baez 155 Saratoga Street Lawrence $327,000.00

Lieu Thi Do Gross Zenaide 300-310 Park Street Lawrence $280,000.00

Bernarda Cardenes Ozorio-Hernandez Jennifer 76 Congress Street Unit 76 Lawrence $225,000.00

Walter Leonhardt and Barbara Turner Stenio Nascimento Santos Dwane Turner and 100 Abbott Street Lawrence $175,000.00

John Osorio Sanchez Angela 2D Woodland Street Unit 4B Lawrence $35,000.00

Isidro and Matilde Lebron Antonio Marte Reyes Yris Caceres and 28-30 Alder Street Lawrence $370,000.00

Caitlin Mccarthy Fuller Jeffrey 70 Jefferson Street Unit 70J Lawrence $188,200.00

WILLIAM REALTY LLC Ariela Gonzalez Lenin Roa and 36 Columbus Ave. Lawrence $294,900.00

BREAD & ROSES HOUSING INC. Antonia Fuentes Jose Ortiz and 133 Park Street Lawrence $75,000.00

ROSE TRUST and Antonio Larosa Munoz Jose Luis 9-15 Alden Ct Lawrence $22,000.00

Freddy Lopez Pacheco-Detorres Jocelyn 1-3 Wendell Street Lawrence $275,000.00

NINETY MARSTON REALTY LLC HOLIE REALTY LLC 90 Marston St Lawrence $221,000.00

Roy Cheever HOLIE REALTY LLC 100 Marston St Lawrence $246,000.00

MARSTON REALTY TRUST HOLIE REALTY LLC 102-104-106 Marston ST Lawrence $1,133,000.00

Gilberto & Abigail Sanders-Perez Belzile Yanick & Liz 14 Byron Ave Lawrence $250,000.00

Frank Coburn & Kathleen Fitzgibbons Woodworth Alan & Meghan 68 Amherst St Lawrence $186,200.00

TREAT HARDWARE CORP 5-9 MILL ST LLC 10-20 Winter St Lawrence $610,000.00

Ramon & Joselyn Moreta Alfaro William 39 Hamlet St Lawrence $260,000.00

Dario & Lucia Jimenez Camilo & Cruz Reinaldo & Abel Camilo 387-391 Hampshire St Lawrence $310,000.00

Carlos & Claridania Alfonzo Andino Luis Antonio 35 Jefferson St Lawrence $276,000.00

Maureen Roche Almonte Wilfredo 43 Ferry St Lawrence $249,721.00

FEDERAL NATIONAL MORTGAGE ASSOCIATION Arias Jusiris 18 Hamlet St Lawrence $240,000.00

Frnacisco Diaz & Denny Nunez Matias Randy 33-35 Katherine St Lawrence $240,000.00

William Tapia Delacruz & Goinzalez Ashley & Catalino 60-62 Avon St Lawrence $360,000.00

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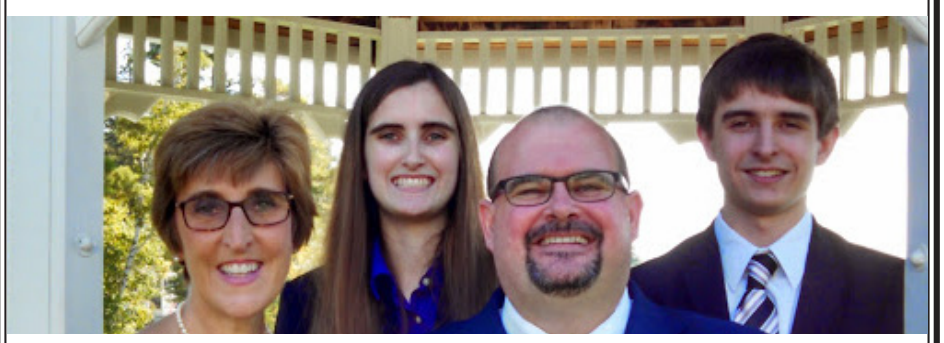

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Phyllis Jones To Challenge DiZoglio For State Rep.

14th Essex District State Representative Diana DiZoglio will have a challenger for the Democratic Party's primary in September.

She is North Andover attorney Phyllis Jones, who says that she is "disappointed" in the incumbent's lack of transparency and refusal to support gay marriage and "transgender rights".

Originally from New York, Jones has lived in North Andover for 11 years and is a licensed attorney. She has been married for 22 years and has two children (Carly 13, Zachary 8) and is a "legal assistant by choice".

"I can't say anything bad about Diana as a person," Jones told The Valley Patriot. "In terms of politics, I have assessed her after asking some tough questions in past. But, she gave me one answer then did something different. I look where she stands politically, and I'd have to say I align myself with a more liberal view of things. I think I have something more to offer. I'm married with children and that brings a different perspective to the office. So I'm just looking to give people a real choice."

"Even though I supported Dave Torrisi four years ago, I was hoping when she won that she would do a good job. I sit back and look at what's being done in the district, for the district, and I believe I have a better voice for people of the 14th Essex."

MORE LIBERAL

Phyllis Jones says she is more liberal than the incumbent and said DiZoglio's refusal to take a position on progressive issues like gay marriage and transgender rights are part of the reason she is running against her.

"I'm passionate about gay marriage and gay issues," she said. "Before Diana was elected, I asked her the same question I asked David concerning gay marriage. She didn't want to take a stand because, she said it has already been decided. I asked David where he stood and he gave me a whole litany of reasons he supported it. The one thing I want in an elected official is that they will take a stand and be transparent about it. Civil rights issues are never done deals. If they were, we wouldn't still be arguing about Roe vs Wade (the Supreme Court decision that made abortion on demand a constitutional right)."

"So, my basic platform is this: I will take a stand on an issue and let you know what that stand is. If I don't have a position on something I will just admit I don't know. I will go out and educate myself, and come back and explain, 'this is the stand I am taking and why.'"

JONES: PAGE 18

Attorney Phyllis Jones of North Andover will challenge State Rep. Diana DiZoglio for the Democratic Nomination in Sept.

KINDER: FROM 5

By all accounts, those families were justified in their concerns. Between 1994 and 2013, Kinder Morgan experienced 745 "serious incidents" with their gas distribution network, which resulted in multiple fatalities, 1,059 injuries, and $110 million in property damage. One of these incidents occurred in December 2011 and involved a natural gas pipeline that was just two-years old, which leaked in a residential area of Ohio, spewing 127,000 cubic feet of natural gas and forcing residents to evacuate their homes. In 2011 alone, Kinder Morgan was cited on five separate occasions by the Hazardous Materials Safety Administration for violating its safety protocols.

According to Kinder Morgan's April 20 public statement, the company said it was halting the project because it could not secure enough commitments from local gas and electric distribution companies to purchase natural gas from the pipeline. However, another important factor is that the public was becoming increasingly aware that Kinder Morgan expected ratepayers to pay for the construction of the pipeline through surcharges on their electric bills, even if they were not natural gas customers. Fortunately, the Conservation Law Foundation appealed a decision by the Massachusetts Department of Public Utilities to permit charging ratepayers for pipeline expansions. That court hearing is anticipated on May 5, and will impact whether the cost of other pipelines proposed for construction can be charged to ratepayers.

This story has a positive ending. Much of that was on account of the vigilant and focused residents from across the Commonwealth that spoke up against a bad deal. The costs and risks were simply too great for Massachusetts' residents and ratepayers to bear on behalf of private corporate interests in the name of increased natural gas capacity destined for foreign export. We must continue that level of scrutiny with each major energy proposal. With this proposal behind us, I look forward to having a more comprehensive discussion about Massachusetts' current and future energy needs, while growing conservation efforts and expanding our renewable energy portfolio.

Senator O'Connor Ives can be reached at KATHLEEN.OCONNORIVES@MASENATE.GOV .

ANNE'S ANDOVER NOTEBOOK

GOP CAUCUS

Anne Knowles
ANDOVER COLUMNIST

A large contingent of Andover residents attended the Massachusetts GOP Caucus on Saturday, April 30, 2016, to cast their votes for the delegates who will attend the national convention. An estimated 400 registered Republicans took part in the caucus from Congressional District 3, and voted overwhelming support for Donald J. Trump as their candidate for President.

Happy, well informed, passionate, exuberant and intense, these members of the Grand Old Party made their choices known and, along with other caucuses that were held in the other 8 districts of Massachusetts, made the choice for Candidate Trump.

Most of the delegates expressed their hopes for a major change in the government to "work" for the people of the country, instead of the people working for the government.

Many of those attending, stated that average voters have to make sure that their rights are held for the benefit of the citizens of the United States. They expressed their concerns that so many decisions that are made in Washington, DC, actually go against the rights of the average citizen.

Many of those attending felt that efforts by the federal government to "fix" problems have actually cost the country in terms of opportunity for the people. One gentleman, stating one of his issues with "the way things were going", was that his children were not experiencing the America that he enjoyed as a young man. He also said, that as someone who was not really "too interested" in the system over the past few years, he saw changes that were not helping, but hurting the country.

He also took great exception to the "labels" that were given to many, who like him, were concerned. He told me that this easy way of dismissing his and others like him was dishonest and untrue. "People can have differences, express them and not be unable to come to an accommodation of ideas.," he said.

The caucus lasted until 3pm and as the crowd left, the overall feeling seem to be that a good effort had been made with a successful meeting.

From the North Andover Senior Center

Friendly Visitor Program:

Friendly Visitors are volunteers from the area who give an hour or two a week of their time visiting and checking in on homebound seniors. Seniors have a wealth of knowledge, wisdom and stories to share. By matching up a Friendly Visitor volunteer and a homebound senior, not only can a friendship develop, but a bond of trust that impacts both visitor and senior. The Friendly Visitor Coordinator at the North Andover Senior Center provides training and support. For more information about the program, please contact: North Andover Senior Center at 978-688-9560.

DOCUMENTARY FILM: "The Age of Love" at the Tewksbury Senior Center, Saturday May 14th at 2pm. Public is welcome. Call 978-640-4480 to reserve a seat.

CELEBRATION OF WOMEN BREAKFAST: Wednesday May 18th at 9:30am, $4. Tickets available at the senior center starting April 28th. Entertainment will be provided by harpist, Rebecca Swett.

SUPPER CLUB: Thursday May 19th at Butch's Uptown in Haverhill. One van only - $6. Sign up begins May 4th. Reservation at 4:30pm and limited to 24.

TUESDAY NIGHT DINNER BUFFET: May 24th at 4pm. Our hosts are Atria Marland Place. Limited to 35 NA seniors. Cost is $4.

ONE-ON-ONE COMPUTER INSTRUCTION: 45 minute sessions for $7. Tuesdays with George Chory, Thursdays with Tom Kooken. Make your appointments with reception 978-688-9560. Time slots are between 9-12.

S.H.I.N.E. VOLUNTEERS: (Serving Health Insurance Needs of Elders): Free, confidential counseling on all aspects of health insurance to North Andover residents on Medicare; Call center for an appointment.

Volunteers are the backbone of the North Andover Senior Center, we currently need Medical Transport Volunteers. You can set your own hours. Call the Senior Center for more information. Speak with our Program Coordinator at 688-9560 for an application and assistance.

NEWS & VIEWS: Every Wednesday at 10-11:30am. Come and join in the lively discussion of current events, politics, history and you never know what else?!

MEET WITH AN ATTORNEY: Atty. Bridget Murray, May 24th. Schedule with Reception-first consult is free.

MR. FIX IT: First and Third THURSDAY of the month from 12-3pm. We repair almost as good as new. Lamps, with cords and sockets, replace watch batteries, small tables and chairs. Anything that is not listed, we will give it a shot! Your cost is $2 - $4 depending on work needed, plus parts. Proceeds benefit the Senior Center.

WALK IN CLINIC: Wednesdays, NEW TIME 9:30 – 11:30am, the North Andover Senior Center and Home Health Inc/ VNA operate a wellness clinic. If you are a North Andover Senior, we urge you to take advantage of this opportunity to check your blood pressure, blood sugar, weight and blood oxygen levels. Consult privately with an RN regarding any medication and health issues that you are concerned about. There is no charge for this service. Donations are gratefully accepted.

MASSAGE THERAPIST: Every second Friday of the month from 9am-12pm. Call the center for an appointment.

FOOT CARE: RN Catherine Languedoc, Foot Care Specialist, $30, third Friday of every month from 9am-3pm.

ROCKINGHAM MALL TRIP: May 23, call for reservation.

WALKING GROUP: Our Walking Group walks at the Youth Center every morning at 9am, must wear appropriate foot gear for inside the gymnasium.

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PHOTO: Courtesy of Methuen Police

Newest Methuen Police Recruit, 'Kilo' is a 'Terrific Partner'

Tim Coco
WHAV.NET

The Methuen Police Department has added a recent graduate of the Boston Police Academy to their ranks.

Department K-9 "Kilo" and handler, Methuen Police Officer Chirsitine Nicolosi, completed a 15-week training program at the academy, according to a statement this week from Methuen Police Chief Joseph Solomon. The academy program covered several topics including tracking, building searches, obedience, agility, apprehension of suspects, protection of the handler, and area searches. Nicolosi has eight years' experience as a K-9 handler and "Kilo" is her second K-9 with the Methuen Police Department.

"We are proud of our K-9 Unit here in Methuen and are especially proud of Kilo and Officer Nicolosi for their graduation from the academy," Solomon said. "Moving forward, we are eager to continue to watch Kilo develop his skills and help us keep our community safe."

After the two-year-old German Shepherd gains more experience, Kilo will attend a narcotics training, which will certify him in drug detection, police said.

"Kilo has proven to be a valuable resource to our department and a terrific partner so far," Nicolosi said. "I am looking forward to continuing to work with him and bring him out into the community."

According to police, the German Shepherd has already been instrumental in many investigations since his first day on the job.

"Kilo was able to track a suspect who fled after a police pursuit and on a separate occasion, tracked a suspect who was involved in an armed home invasion," a spokesperson said.

Methuen Energy Program Will Save Ratepayers $900K in Electricity Costs

Methuen residents and business owners will save more than $900,000 annually thanks to the newly created Methuen Community Choice Power Supply program.

The City of Methuen and Colonial Power Group, Inc. announced that they have entered into a two-year agreement to bring significant energy cost-savings to the city's residents and small businesses through this initiative.

"We've seen how the spikes in the cost of electricity can be burdensome for Methuen residents," said Mayor Stephen Zanni. "We're pleased to work with Colonial Power to offer Methuen residents and small business owners the opportunity to have a more stable and lower cost energy option."

The new program will help residents substantial savings on electricity costs. Participating residents and businesses in Methuen will see an annual savings of about 7% in their monthly energy bills. The program will provide a combined savings of more than $78,000 per month for the city's homes and businesses. Methuen's long-term managed product plan allows pricing to be adjusted every six months to secure optimal savings for residents and small business owners.

"The Methuen Community Choice program provides price stability, local control, and competition while also lowering the burden of energy costs for Methuen's residents and business community," said Mark Cappadona, President of Colonial Power Group, Inc.

Under the program, residents will not notice any change in their electricity service. The only difference will be that TransCanada of Westborough, Mass., will be printed under the "Supplier Services" on monthly bills. Residents and small business owners will continue to receive one bill from National Grid and to send payments to National Grid for processing. There will be no interruption in billing, power, or customer service.

Municipal electricity aggregation allows cities and towns to pool the electrical consumption of all ratepayers in their jurisdictions and competitively procure lower cost electricity supply on behalf of the participants. The aggregation allows the municipality to obtain better pricing than individual residents and business owners could due to economies of scale. Colonial Power works with state officials, utility executives, and energy industry leaders to facilitate the purchase of electricity at a rate lower than basic service rates. No action is required by ratepayers to participate in this cost-saving program. The program will be operated on an opt-out basis, meaning that all Methuen residential and business customers currently on National Grid's basic service will be automatically enrolled into the program unless they choose to opt out.

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Eagle~Tribune Outs Their Source in Salem

The cozy relationship between The Eagle-Tribune (which is headquartered in Alabama) and town officials in Salem, NH has come to an abrupt end this month, with the Board of Selectmen banning an Eagle Tribune reporter from public meetings in town and raising serious doubts about the credibility of the former Pulitzer-Prize winning paper.

The fallout comes after the Tribune violated journalism's number one commandment by revealing a source on a news story. The result of breaking this journalistic canon resulted in a Salem Selectman losing his post and costing Salem taxpayer's $20,000.

Salem Selectman, Stephen Campbell, provided The Eagle-Tribune with the private personnel records of Deputy Police Chief Shawn Patten, who was under investigation at the time for double-dipping overtime. The state's Attorney General's office eventually cleared him, according to The Union-Leader.

But at a time when the investigation was ongoing, Selectman Campbell provided the personnel records to Eagle-Tribune Editor Joanne Mackenzie and reporter Doug Ireland. According to a complaint filed by Deputy Chief Patten's union, Mackenzie called Patten and revealed to him that it was Selectman Campbell who had provided her the records as their source and also promised him that the Tribune would not investigate the matter.

Patten has been a longtime source for The Eagle-Tribune and is also the son of longtime Eagle-Tribune legend reporter Jim Patten.

Deputy Chief Shawn Patten retired from the force about six months ago. But, a few months later, his union filed a complaint concerning Campbell releasing Patten's personnel records to the Eagle Tribune, which is illegal in New Hampshire. As a part of the investigation into the union's complaint about Patten's records, Tribune editor Mackenzie admitted that she not only revealed Campbell as her source on the story, but also promised she would not write about it.

Mackenzie has since retired.

After looking into the matter, selectmen voted to seek removal of Campbell from office and to pay Patten a total of about $45,000 - half to be paid through insurance, and the other half to be paid for by taxpayers. Selectman Campbell negotiated a deal with the board where he would resign and promise not to seek elected office in Salem for 10 years in exchange for not having to pay Patten out of his own pocket.

At an emergency meeting last week, the board of selectmen announced Campbell's decision to resign and the settlement with Patten.

But, the board also went after The Eagle-Tribune for its complicity and active cover-up in this expensive mess.

Selectman chair Jim Keller announced an Eagle-Tribune reporter is now "banned" from covering any meetings in town, believed to be reporter Doug Ireland.

"Transparency and truth is something that we should not take for granted, and that's the public, that's employees, that's anyone sitting here or any other board, and it's also the press," Keller said at the public meeting.

"I would hope and trust that the reporter that was involved in this particular situation remains away from Salem, remains away from covering any items or matters in Salem, and that we are allowed to rebuild the credibility of both the media and what's occurred here."

Selectman Michael Lyons also questioned the credibility of The Eagle-Tribune, once the paper of record in the Merrimack Valley.

"We've brought this matter to a close, and we have cleaned house, so I don't know what's going on at The Tribune but certainly that type of inner inspection, like we did, I think would serve them well," Lyons said.

While The Eagle-Tribune covered the public meeting where these comments were made, they continued to cover its blame by not including the selectmen's comments in its story online and in the paper the next day.

By The Tribune whitewashing their own involvement in this story, revealing their sources, and then making deals to conceal information from the public because of who was involved, The Eagle Tribune deprived the public of important information as to why thousands of taxpayer dollars were wasted by the town. It was because of them.

They have yet to make a statement about whether they agreed to the ban or will abide by it.

Salvatore's Donates and Serves Gourmet Meal to Homeless

With the Daybreak Homeless Shelter in Lawrence in desperate need of funding to care for the less fortunate, the new owner of Salvatore's Restaurant, Mike Agricola, showed up last month with two of his staff, Eric Soucy and Joyce Philbrick, to lend a helping hand.

"This is wonderful," Carina Pappalardo, head of the Greater Lawrence Psychological center said. The Psychological center runs the Daybreak Shelter.

"To some of the people who come here, this will be their only meal of the day. It's so nice to see a local business owner like Mike seek us out and not only make a donation of food for the homeless but, then also served the food showing the commitment of Salvatore's to helping the community. I only wish more business owners would come once in a while to help out; we can make such a difference in people's lives."

Agricola, who purchased Salvatore's from Sal Lupoli last year, was visibly moved while talking to some of the homeless who came to eat. "These people have nothing ... nothing! As a community we need to do more to help. These are human beings who are at the lowest point in their lives and we have an obligation to do something. I was glad to be able to help and I hope other businesses do the same. Just imagine if all the restaurants in the area picked a day to do this? What a difference that would make!

Members of The Valley Patiot's BASH committee (the steering committee that organizes The Valley Patriot's annual charity event) also showed up to help serve, clean and make the event something special. Chris Eldredge, Gracemarie Tomaselli, Maria Fiato, Brenda Rozzi, The Damicos, Deb Canejo, Joyce Tomaselli, Rich Russell, and Jen Jones, all pitched in to help.

Salvatore's Restaurant in Lawrence donated a gourmet meal at the Daybreak Homeless Shelter last month. Pictured are: Eric Soucy and Joyce Philbrick of Salvatore's, Mike Agricola, the new owner of Salvatore's, and head of the Psychological Center, Carina Pappalardo serving the homeless.

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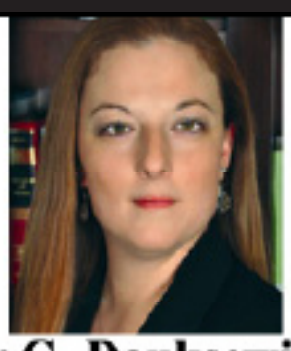

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Council Refuses to Tear Down Building Owned by Councilor Reyes, but Declares Panhandling for Earthquake Victims in Ecuador "an Emergency"

The Lawrence City Council refused to tear down a crumbling building owned by one of their own councilors by refusing to take the measure up as an emergency. The roof of the building has collapsed and the cinder blocks at the top of the building are collapsing inward.

Despite refusing to declare the public safety hazard an "emergency", the Council did vote to declare the earthquake in Ecuador "an emergency" and voted to allow panhandlers to collect money in the streets of Lawrence for earthquake victims.

"I can't believe they vote an emergency measure to allow people to collect money in the streets for earthquake victims, but they won't vote a public safety issue an emergency measure."

Lawrence City Councilor Estella Reyes is 25% owner of a piece of property at 173-175 Haverhill St., which has been deemed so dangerous that the Lawrence Fire Department has placed a large red "X" on the building, signifying that firefighters and emergency responders cannot enter the building as it is too unsafe even for them.

Lawrence resident Eric Salach appeared at Tuesday's city council meeting asking the council to declare the building an emergency and order it to be torn down immediately.

"I'm here tonight to ask you guys to invoke some of the powers that you have, to actually call for emergency measures to address an issue that was presented at the last meeting on April 19th, regarding a property located at 173-175 Haverhill St.," Salach told the city council.

Salach told the council that he spoke with the city's building commissioner and nothing has been done since making him aware of the situation.

Salach also said that because a Lawrence City Councilor owns the building, the building is being ignored.

"Unfortunately, one of your colleagues on this council is a 25% ownership stake in that building. It's my concern that there could be some type of manipulation of what should happen appropriately. Now, if this was another building owned by somebody else, that was in this condition, that was structurally unsound, the city has the ability to go in and make an emergency appropriation so that the building can be torn down."

"I am asking you as a council to do this today," Salach concluded.

Lawrence City Councilor Nilka Alvarez Rodrigues made a motion at the end of the agenda to suspend the rules and add the item to the next council agenda "so that the housing committee can look at the situation and declare it a public nuisance if need be".

Councilor Maldonado seconded the motion, which was approved unanimously with Councilor Reyes abstaining from the vote. Councilor Almonte was not present at the meeting.

Lawrence City Councilor Marc LaPlante said that Building Commissioner Peter Banchette should be invited to the next meeting to discuss the issue.

The council will take the measure up at the next regular meeting, but by refusing to make it "an emergency" the city is now liable if someone gets hurt between now and then.

Oddly enough, it was Lawrence City Councilor Estella Reyes, owner of the crumbling building, who made the motion to declare the earthquake in Ecuador "am emergency".

Councilor Modesto Maldonado asked Salach for documentation to prove the conditions of his colleague's crumbling building was as bad as it was being portrayed. He asked that the fire chief provide a report on the dangers of his colleague's property.

The Lawrence City Council refused to declare this building (owned by Councilor Reyes) "an emergency". They did, however, declare it "an emergency" to allow a religious institution to collect money in the streets of Lawrence for the victims of the earthquake in Ecuador.

House Budget Makes Key Investments Affecting the Merrimack Valley

Linda Dean Campbell
STATE REPRESENTATIVE, 15TH ESSEX

Following a three-day session and a process that starts in the fall, we in the House of Representatives finalized our FY17 budget. We held the line on spending and included no new taxes or fees.

As a member of the Committee on Ways and Means, I can tell you that this was a difficult budget because of the large projected deficits resulting from increasing health care costs. Health care spending consumes an unsustainable 40% of our budget.

This Budget deposits additional funds in our "Rainy day fund", and it accelerates the pace of reducing our pension liabilities. Wall Street is watching all state budgets as they set borrowing rates. This budget will result in our credit rating remaining the highest in the history of the Commonwealth. This is critical if we want to borrow at a reasonable rate to in order to fix our roads and bridges, invest in public transportation, and grow our economy.

I filed a number of amendments that were supported by my colleagues and adopted that affect statewide policies and programs that are critical to residents of the Merrimack Valley. Many of these programs were cut during the Great Recession.

One is the Alternative Housing Voucher Program, a statewide program that provides housing vouchers to individuals with disabilities. It helps individuals in the disability community to avoid costly institutional care, saves money, and gives them the freedom to live within the community with dignity and independence.

I joined forces with Assistant Majority Leader Paul Donato (D- Medford) to restore full funding to the Meals on Wheels Program. This funding for basic nutrition is a lifeline for many seniors living on fixed incomes in the Merrimack Valley.

My colleagues joined me in support of my amendment to restore funding to The Student Awareness Fire Education (SAFE) Program that has been in existence since 1996. The program helps educate young people about the importance of fire safety and the dangers of tobacco use.

As a House, we restored funding to the Massachusetts Office of Travel and Tourism

The testimony I heard in hearings of the Ways and Means Committee clearly demonstrates the very high rate of return our state and the Merrimack Valley receives by investing in Tourism.

Funding for the Shannon anti-gang program was restored in the House Budget. The program, which was developed in the 1990s, funds efforts to prevent youth violence through the work of non-profits, youth mentoring, and community programs. This, along with the restoration of community policing in the House budget is critical in our battle against opioid addiction.

Once again we made local aid a priority

Chairman Brian Dempsey and Members of the House Committee on Ways and Means releases the House Budget at a Boston press conference.

providing over $159 million and allocating more than the Governor proposed in his budget.

Our Budget also continues the historically high level of support to attack the opioid crisis head on with additional funding for drug diversion, treatment beds, and support case management services. This brings our targeted investment to attack this crisis to a level 65% higher than in FY2012.

As the Vice Chair of Public Safety I am very pleased that substantial funding was also allocated to the Attorney General in this budget to target narcotics trafficking.

Finally, after hearing from our library directors statewide, including those who testified at the Ways and Means hearing I hosted in Methuen, we allocated $9.5million in local aid for libraries, the first modest increase in nearly decade.

The Senate will produce their budget soon and we will finalize the process with a conference committee to resolve differences. The budget will then be sent to the Governor for his line-item signature or veto.

To obtain more information on the many aspects of the House budget, please visit my web site at: www.statereplindacampbell.com.

State Representative Linda Dean Campbell represents Methuen and Haverhill and serves as the Vice Chair of Public Safety and on the Committees on Ways and Means, Economic Development, and State Administration.

PHOTO: RICH RUSSELL

Because of our BASH donors and our newspaper advertisers this year, the paper was able to sponsor a girls' softball team in the South Lawrence West Little League. State Representative Diana DiZoglio was on hand at the Mount Vernon ball fields for opening day to cheer on our new team "The Valley Patriots". Pictured with DiZoglio are Sarah Wilson, Jenni Greige and Vina Dang. Next month ,we will print the schedule and have action photos of our girls!

FOUR GENERATIONS in METHUEN- Left to Right: Janice Campagnone - wife, Stephanie Black - great-granddaughter, Deana Black - daughter, Sandy Sarcione - daughter. 2nd Row: Melanie Black - great-granddaughter, Anne Sarcione - granddaughter, Emily Black - great-granddaughter, Chance Campagnone - great-grandson, Helene Campagnone - granddaughter.

Manchester, NH resident and Valley Patriot columnist, Justess Jacobson (Tom Duggan's daughter), graduated from Mt. Washington College last month with a Bachelors Degree in Criminal Justice. Justess is pictured here with her mother, Robyn Jacobson, shortly after being given her degree.

Lawrence City Councilor Marc Laplante visited the Daybreak Homeless Shelter last month to see what he could do to help the homeless. To his right is Carina Pappalardo head of the Greater Lawrence Psychological Center, which oversees Daybreak. At right is Carlos Hildago explaining how, as a resident of the shelter, Carina and her crew found him an apartment in Haverhill and helped him get off drugs and turn his life around.

Last month, The Valley Patriot was honored by the State Senate in the Massachusetts Senate Chambers with a citation by the Senate President to commemorate the newspaper's 12th anniversary, and the charity work the paper does at the annual BASH. At Left, Dorothy Duggan Incropera (Tom's mother), Valley Patriot publisher Tom Duggan, and State Senator Bruce Tarr (R-Glocester).

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SLICE OF LIFE
By Will Courtney
Eric "Mr. Sid" Sideri leans back to assess his work as he cuts the hair of Bobby Bertolino, 15, of North Andover, at Frank's Barber Shop on Main Street in downtown North Andover.

LIFE IMITATES ART? In this fast changing world, it's often hard to find something that never changes! Like a boy getting a haircut! The photo above shows the famous artist Norman Rockwell's drawing titles "Barber and Boy" painted in 1924. Alongside of Mr. Rockwell's painting is a photo of Robert Bertolino getting his hair cut by Mr. Sid at Frank's Barber Shop in North Andover, on December 19, 2015.

Gerard Maguire, the Veteran's Services Officer for the towns of North Andover and Boxford prepares to deliver a custom-fitted, electric wheelchair to WWII hero Richard Lussier of North Andover. See story, page 1

THE 25TH ANNUAL VIETNAM SCHOLARSHIP CABARET. Joseph "OB" O'Brien and Ed "Hoppy" Curran holding the banner at the 50th Commemoration of Vietnam Veterans returning home from the war. The event was held at the Firefighter's Relif's In and paid tribute and honor to our eighteen Lawrence heroes who lost their lives in Vietnam.

Ava Kruschwitz of Plaistow NH won third place! HOORAY AVA!!

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Pay to the Order of Sports Scholarship Fund
$ 5,000.00
Five Thousand xx/100 Dollars
MEMO North Andover Merchant's Association
Charlie Jacobs, Principal and Alternate Governor

The Boston Bruins Foundation and North Andover Police Association partnered to donate $5,000 to the North Andover Merchants Association Sports Scholarship Fund. The Scholarship Fund helps make it possible for all North Andover kids to participate in local sports programs. Pictured: NAMA President and SSF Committee member Dawn Pease; Selectwoman and SSF Co-Chair Tracy Watson, owner of Kids Karousel; NAMA BOD, SSF Co-Chair Sylvie Foulds; Police Association Vice President, Sgt. Jean Silois; Detective and SSF Committee member Sean Daley; Lt. and Police Association Treasurer EJ Foulds; Bruin alumni and Boston Bruins Foundation representative, Bob Sweeney; Assistant Director of Athletics and Activities at the High School, Scott Young; and Patrolman and President of the Police Association, Jared Lawlor.

Morgan Nahabedian and Andover Selectman Alex Vispoli at the Step Up for Colleen fundraiser for the Colleen E. Ritzer Scholarship Fund.

TOM DUGGAN'S NOTEBOOK

Former Lawrence Fire Chief Brian Murphy retired last month after decades of putting his life on the line to protect the people of Lawrence. Murphy was the winner of the 2015 Officer Tom Duggan, Sr. Hero Award, and was the whistleblower who exposed the dangerously low staffing levels of the Lawrence Fire Dept. under corrupt Lawrence Mayor Willie Lantigua. Because of his efforts to warn the public he was demoted, but not until Lantigua rammed a home rule petition through the legislature (with the help of Barry Finegold and David Torrisi) to remove the chief's position from civil service protection. Good luck in your retirement Chief Murphy. You earned it.

THE SILLINESS OF TODAY"S MYTHS ABOUT THE INDIANS - It's so sad that so many Americans have fallen for the revisionist history and propaganda of freedoms' enemies. Recently a debate occurred on my Facebook page about the American Indians. One clueless participant wrote, "the US belongs to the Native Americans". This is a very ignorant and somewhat foolish school of thought shared by many young people today. First, most American Indians didn't believe in the concept of owning land. In fact, the Indians themselves thought they were ripping off colonists by "selling" the land for food and trinkets. The fact that they were wrong does not make them victims of "land stealing". Secondly, the belief that the US belongs to the Native Americans, presupposes that any land occupied by any peoples who were not the first to settle on that land is the rightful owner, opens up all kinds of problems for modern humanity.

If the US "belongs to the Native Americans" then all of Jordon, Israel, the so-called Palestinian territories and parts of Iraq and Lebanon belong to the Jews. Furthermore, Africans owe reparations to the Jews for enslaving them for a thousand years, and Canada belongs to the Norwegians. We live in the NOW folks. You cannot correct perceived wrongs of the past by trying to take land from people and give it to others based on things that happened long before we were all born. If we start taking action based on this revisionist history of giving back everything that was taken from everyone in the past, there will be no future

TRANSGENDER BATHROOMS

It is clear that those driving this public debate of letting self-identifying transgendered persons use whatever bathroom they want, are just exploiting transgendered persons to wage war against Christians. Having said that, the concern most people have with the concept of the transgendered bathrooms is not with the transgendered people themselves. To most who share this view, transgenders are not the problem. The real concern is that other people, particularly perverted men who are NOT transgendered, will take advantage of this, resulting in more sex crimes being committed against our daughters, sisters, and mothers. Having said that, I think both sides have missed the forest for the trees. If someone is truly a transgendered person and needs to use a bathroom at the mall or in a restaurant, they should simply be allowed to use the employee bathroom. Problem solved. But I suspect those driving this debate will not accept this solution, as the public debate on the subject really isn't about transgenders at all.

LAWRENCE STUDENT GRADUATES

Lawrence resident Christopher Anthony Maniachi has graduated from Fort Hays State University, Hays, Kan., in the fall 2015 semester with a Master of Science in special education.

FHSU does not release the lists of undergraduate and graduate degrees until transcripts have been verified as having met all requirements for graduation. This is a labor-intensive process that delays FHSU's release of names by several weeks.

Fort Hays State is one of six public universities in the Kansas Board of Regents system

TOP 8 FACEBOOK PET PEEVES

1 CLICK BAIT: You have seen it in your newsfeed on Facebook. The title will say something like: "Two year old climbs into box with rattlesnakes, WHAT HAPPENS NEXT IS STUNNING!" This is a cheap and annoying stunt to get you to click the link and it's called Click Bait. 9 times out of ten when you click the link it turns out to be something completely benign like, "The two year old played with the snakes till his parents pulled him out. PS - the snakes weren't poisonous and don't bite. Of all the annoying things on Facebook, this one is probably the most annoying.

#2 TONS OF PHOTOS OF KIDS, PUPPIES, AND LOCATIONS, BUT NOT ONE PHOTO OF YOU IN YOUR PROFILE GALLERY: Unless I know someone personally, I NEVER accept friend requests from idiots who do this. There's a reason the social networking site is called FACEbook. It's not so you can disguise how fat or ugly you think you are with photos of puppies and unicorns. It's so that when you send a friend request to someone like me, I can see if you look familiar in case I don't recognize your name right away. People who do this should be banned from Facebook, but since they are not, I ban them from my page.

#3 LIKE AND SHARE IF YOU AGREE:

I never, ever, ever share anything that says, "like and share if you agree". DUH it's Facebook; the entire purpose of your newsfeed is so that you can like and share things you agree with. I don't need a meme to tell me to do that. In fact, many times a day I am about to share something that looks pretty cool at first look, only to see the irrelevant instructions which not only makes me refusing to "share and like", but many times I will remove the person who posted it from my newsfeed.

#4 FOOD PORN, RAINBOWS AND UNICORNS – THE ALAN KNOWLES SYNDROME: One of my friends, Attorney Allan Knowles, is so representative of this next pet peeve that I named it after him. Go to his page, I dare you. Every time I do, my blood pressure spikes. Endless photos of puppies and cute sayings, rainbows, and photos of various gourmet food. But not ONE photo of his kids, his coworkers or anything of substance. Now, because Allan is a friend, I have not blocked or unfriended him. But, he's the only one. Because I have the maximum number of friends allowed on Facebook (5,000), I have no room for Facebook friends who have absolutely nothing substantive on their page that tells you who they are, or what they like to do in their free time. It really is a waste of a Facebook page. My suggestion for people like this is to print out photos of sunsets, kittens and other mundane garbage, put them in a bunch of frames and put them up on their wall in their bedrooms.

#5 ENDLESS MEMES: "God doesn't give you anything you can't handle". Make time for people who make time for you in their lives". "I love my kids". These are all mindless memes that clutter my newsfeed. It's ok once in a while if a meme strikes your mood, but when I peruse my newsfeed and the same person posts 10 meme's a day with insipid sayings, it makes me want to bang my head against the wall. Often, I will remove these people from my newsfeed, though I almost never unfriend people for it. If this is you, stop it! Stop it right now. I don't give a rat's ass if a stitch in time saves nine and I don't need to be reminded about it on Facebook.

#6 INFORWARS AND CONSPIRACY NUTS - First of all the so called "news" site INFOWARS is a seditious, anti-American site that promotes terrorist and Anti-American propaganda to try and get people to hate the US government. It's run by a hack of Vladimir Putin and puts forth conspiracy theories like 911 was an inside job, the US government is poisoning us with "chemtrails", and Homeland security is constructing concentration camps for Americans. It takes a LOT for me to unfriend someone on FB. In fact, some people say I am far too liberal in allowing views that I do not share from people who have some pretty kooky ideas. But, there's ONE thing that will make me unfriend you, and that's an INFOWARS post or a post from a similar pro-terrorist propaganda site disguised as patriotic "news".

#7 YOUR PROFILE PHOTO IS AT LEAST TEN YEARS OLD. No I wont unfriend you for this and I probably won't even say anything. But, I can't tell you how many times I meet someone in the real world who say, "Hey, Tom I follow you on Facebook" and I can't for the life of me recognize their face. That is, until I get back to my car and pull up their page to see that

NOTEBOOK: NEXT PAGE

FREDDIE SAYS

"I self identify as a cat, therefore, I demand all dog parks have a litter box. Does this make sense to anyone?"

Freddie Says
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their profile photo makes them look like they are in their early 40's, despite the fact that the person I just met is at least 55 or 60. Women are far more guilty of this than men, in fact I would say 9 times out of ten the (what I call) age-liar is a woman. Ladies, I know you are all obsessed with your looks 24-7. But, if you portray yourself to be ten years younger or more than you actually are, you are setting up a false expectation that will call MORE attention to your age from people who are expecting a youthful looking 40 year old, only to be disappointed to meet a 55 year old in person. What do you ladies suppose most men are thinking after such an encounter? I can tell you because my single friends and I talk about this quite often. Most men walk away thinking... if only I had met her 15 years ago. Seriously. Let your profile photo accurately reflect what you look like today!

#8 GAME REQUESTS – Ok, I know I am guilty from time to time of sending game requests to people for "Clash of Kings" (the only game I play these days). But, usually I only send one request to people I know well and think will really enjoy the game. If they don't respond, I don't send another request. On the other hand, I get multiple requests every day from the same people trying to get me to play slot machine games, Candy Crush and the like. Stop it. Just stop.

TAX AMNESTY

Take Advantage of the Tax Amnesty before May 31, 2016

The vast majority of Bay Staters pay their taxes, but not all. Now there's an opportunity for those who have not filed, or have underreported, to get on track and pay no penalties through a tax amnesty.

Open to Businesses and Individuals:

* Who have not filed all Massachusetts tax returns when obligated to do so – could be one or more returns.

* Or, who have underreported taxes on a previously filed tax return and want to correct the error.

New tax system makes it easier to identify tax evasion

Massachusetts' new system for filing and paying is now available to businesses and will soon be available for individuals. This state-of-the-art tax system will play an important role in identifying tax avoidance. Time is limited to take advantage of this amnesty and waive penalties.

Easy, online Amnesty Return

First, the amount of tax is calculated by completing a return and any schedules. Then, the amount of tax due is entered on the easy, secure, online Amnesty Return, which will be available on the amnesty webpage as of the April 1 kickoff date. Interest is automatically calculated and the balance due will be shown. Payment can be made electronically and confirmation of receipt of the Amnesty Return is immediate.

More information is available at mass.gov/TaxAmnesty including FAQs.

HAMPSTEAD ACADEMY MATH TEACHER AWARDED - Congratulations to Hampstead Academy Upper School Math Teacher, Cecelia Carroll for being named "NH Air Force Association Norman "Bud" Frontier Teacher of the Year" for 2016!

In the past year, Cecelia Carroll has brought a group of her students to Space Camp in Huntsville, AL, led an afterschool SeaPerch Club and rocketry activity class, attended the Space Exploration Educators Conference in Houston, Texas and participated in Civil Air Patrol workshops for teachers at the Laconia Airport.

The Air Force Association is dedicated to ensuring America's aerospace excellence and supports the teachers that carry out this mission in the classroom. AFA supports K-12 teachers who specialize in the areas of science, technology, engineering, and math (STEM fields). This award recognizes those who educate America's youth and particularly those who educate children in math and science.

WEATHER: FROM 2

The recent fire danger was enhanced by the lack of snow we had this year.

Another weather feature we see in the spring is the sea breeze. This can make it quite chilly during the day, especially along the coast. Remember the ocean warms more slowly than the land during the spring. One reason is mixing. The ocean is always moving and this causes more heat from the sun to warm the ocean versus the land areas in the spring. Another reason is evaporation. This is constantly occurring over the ocean. Evaporation is a process where heat is removed from the air and results as a cooling process.

If on a given day the sea breeze is strong, then the chilly air off the ocean can penetrate a good distance inland.

Also, I would like to mention that from early to mid-May we can still get some chilly weather at night. So use caution if planting your garden or leaving plants outside. By Memorial Day weekend it is pretty safe to start planting and leave sensitive flowers outside.

Next month we will talk about hurricane season, which begins on June 1st. Also, we will start to talk about thunderstorms, which will start to increase as we get closer to summer.

MANCHESTER, NH

5 Best Summer Dates in the Queen City!

JUSTESS JACOBSON
MANCHESTER, NH COLUMNIST

Summer is approaching, and with the quick arrival of warm weather and beautiful sunshine, you'll want to spend your time with those you love! Whether it's a family date, or a romantic one, here are some great ideas that will get you outside and in the heart of the city!

1. Muse Paintbar and a nice dinner.

Muse Paintbar is located on Hanover Street here in the Queen City, and is quite the experience. You look at the selection of the paintings and choose which one you want to do. The painting you choose are only available on certain nights, so be careful when you look at the paintings. Once you buy tickets, the fun begins. The instructor teaches you and guides stroke by stroke to complete a painting. This is a lot of fun even if you don' t like art (or can't even draw, like me). The best part: They serve alcohol. You can sip on wine while drawing the Eiffel Tower, or you can drink a nice Mamosa while painting a lighthouse! Sometimes all the fun is watching all the other people! Highly recommended! *This is a 21 or over activity*

After leaving the paintbar, there are various restaurants within the next few blocks. Elm Street is a block down, offering any form of cuisine. Most restaurants also offer outdoor seating. My highest recommendation would be the Hanover St. Chophouse, which is located about a block away from the paintbar! Excellent food, be aware it is more expensive, but well worth the money!

2. Ice Cream and a walk!

Here in the queen city there are only 2 places that are worth getting Ice cream: The Puritan and Cremeland! The Puritan, which is located on the Hooksett border, offers fantastic homemade ice cream available in various flavors. After getting a great cone from the Puritan, head on over and walk around Livingston Park that offers a 1-mile trail around Dorrs Pond! It's family friendly and also offers a playground, and a swimming pool!

Cremeland, located on the city's East side is a classic! Offering soft serve ice cream, sundaes, specials, and fried foods, it will be sure to make your belly happy and full! Want to work off the calories and enjoy the nice summer day? The Riverwalk, which has two points of entry, is a great walk! It starts right next to Fishercat Stadium, and leads you across the Merrimack River, and over onto the west side of the city. Continuing the walk, there is a new addition that leads you 5 miles into Goffstown! Excellent views of the Piscataquog River! Quiet, and peaceful! Many bicyclists on the trail and family/pet friendly as well!

3. Day at the lake!

Though this next one isn't located in the Queen City itself, those living in and near the Queen City will have to agree.. it is not a summer unless you've spent a day at "the Lake" AKA Lake Winnipesaukee. Ellacoya Beach, located in Gilford, NH is a great place. Enjoy a nice scenic view of the lake, while putting your toes in crystal clear water. With boats cruising by in a distance there are always fun waves to jump in! After soaking up the sun for a bit it's always nice to grab a bite to eat! Head down to Weirs Beach and grab a bite on the boardwalk! You can also play some arcade games, and sit on the lake for a nice lunch. There are upscale restaurants for a romantic night on the water! In addition to a day at the lake, also enjoy a ride on the lake in one of the mailboats and get a tour of the lake and it's historic stories! Fun for the whole family or a day out with your significant other!

4. Farmers market and a make your own dinner!

One of the greatest things about the city is its never ending supply of fresh food! The Farmers Market which runs from late spring until early fall, offers the seasons freshest foods! Fresh fruits, vegetables are available to your liking. After picking your food and browsing the copious amounts of stands, go home and create a new dinner! Most of the owners will have recipes upon request that are traditional in the Granite State! Great way to get your kids involved, or a nice quiet night after a day at the market!

5. Fishercats game! Baseball, fireworks, ice cream, prizes, contests... Where can you find all of this in one? At a Fishercats game! These local baseball games take place all throughout the spring and summer and are a heck of a good time. Not a bad seat in the house, the stadium offers you great view of the whole game! They often run contests and offer door prizes for the whole family! Great food, ice cream, and beer are all available at the concession stands. There is also a bouncy house on campus that is fun for the kids, and not to forget the most fun part: BASEBALL! This family friendly activity is great for bringing the whole family, or cozy up against your date and watch the game under the summer sky! After the game, the stadium offers fun fireworks that light up the whole city. You cannot be disappointed when you go to a game!

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State Senator L'Italien's Trip Israel: Part II

This is part II of our sit down interview with State Senator Barbara L'Italien concerning her trip to Israel late last year. Since part I of our interview in March, Senator L'Italien and the other Senators who visited Israel have come under fire by anti-Semitic, hate groups disguised as "peace" organizations but actually support Palestinian terror. They initially visited Senators to try and bully them into not going to Israel but their bullying tactics failed. We have incorporated that additional information into this part of the interview:

VP: What was the controversy with the anti-Semites who tried to get you to cancel your trip?

State Senator L'Italien: "They did come to my office wanting to meet, to basically say 'don't go on the trip'. I did not meet with them, but I would say, everyone has the right to travel anywhere they like. I think it's better to learn firsthand what's going on over there. The repercussion of what is going on in the Middle East affects us here. We've had a big stake in what goes on there as a country. The implications going forward of what's going to happen with ISIS and all of that, and all those tensions, we need to understand it all because it will potentially come to our soil. The implications won't just be at the federal level but at the state level. We are going to have to up the ante, and maybe restructure our definition of security. We need to find the balance between freedom and security."

"So, yes we were asked not to go. This group dropped off petitions, and were most unhappy at the idea that we were going to Israel. I got a lot of emails as well, but nobody was from my district. It was all people from the Greater Boston and Cambridge area."

"The Jewish Community Relations Council runs these group trips on a fairly regular basis. The Senate President was asked to structure a trip to Israel including Senators that would be interested in going. So, there ended up being ten Senators attending, including the Senate President and the Chair of Ways and Means. Locally, Senator Eileen Donoghue and myself were the two senators from the Merrimack Valley who attended."

Hate Group Calls itself "Peace" Group

Masquerading as a "Peace" group, the anti-Semitic, pro-terror organization called Massachusetts Peace Action (MAPA) filed a complaint with the state ethics commission in retaliation for the Senators going on the trip in spite of their protests. Their complaint alleges that the trip was a conflict of interest because it came shortly before a senate vote on Israel.

Contacted after the initial interview, L'Italien said that the vote they took was only a resolution and there was no conflict of interest because there was no money or legislation voted on regarding the group that sponsored the trip.

In a press release by the Senate President (where he humorously referred to himself in third person), he said that he was confident that no ethics laws were violated.

"Local and state officials have participated in an educational exchange with Israel for the past several years. Senate President Rosenberg and the other Senate participants have followed the law and the Ethics Commission regulations in regards to this trip. He and the Senators believe in strong ethical standards and are confident that the matter will be quickly resolved."

L'Italien agreed, saying that the trip was beneficial to national security and gave Senators a better understanding of the relationship between the many companies that Massachusetts does business with in Israel.

"As articulated by Senate President Stan Rosenberg, the challenge for our group was to take off our "American glasses" and try to absorb what we would see and hear from the people who live in this part of the Middle East from their perspectives.

Israel has experienced particular success in the area of start-up companies in the high-tech industry. So, we spent a good deal of time exploring this area in search of ideas and relationships to bring back to Massachusetts. We visited many companies, including some with existing Massachusetts ties that want to do business with Massachusetts and Mass. companies.

"We also received many insights into Israeli's vast and complex security operations, which I believe will be instructional and invaluable for us as legislators as we face the prospect of having to direct more and more of our state budget and resources for security in the coming years."

VP: What benefit does the state get sending Senators to Israel? Did the state pay for the trip?

L'Italien: "No. The state didn't pay for the trip. It was paid for by the Jewish Community Relations Council (JCRC) and Combined Jewish Philanthropies (CJP). There were no state monies used at all. But, I just want to focus on the defense and geopolitics of the trip."

"We spent a full day in Tel Aviv meeting with what they call the start-up nation, because a lot of the young people coming out of the IDF are really smart, and using incredible technology. They leave the IDF (Israeli Defense Force) and are coming up with new ideas to do things better. So, they have an incredible number of startups going on within the technology world

that they get started and then a lot of the American companies will come in and pick them up, and mature them, and grow the businesses. So, we learned about a ton of new startups that are going on in the Tel Aviv and the Haifa areas."

"We also learned about the desalination process and walked through a desalination plant where they take sea water and make it drinkable. They have to do this because their only source of fresh water is up in the Sea of Galilee, and that's been drained so low. It's actually feeds down to the Dead Sea. But, the Dead Sea is retracting at an alarming rate and there are sinkholes and a lot of problems. So, that technology is now being used to not only create drinking water in Israel, but now it's being used in California and it's going to need to be used in a lot of other places in our country as well."

To read Part I of our sit down interview with State Senator Barbara L'Italien visit us online at valleypatriot.com and type "L'Italien" in the search bar at the top of the page.

JONES: FROM 9

"In her first session [as a Rep.] there was legislation that would have allowed committee votes and hearings to be more transparent. Diana voted against it. I want to know her votes in committee and on the floor. I want to be able to pick up the phone if it's not online and find out how she voted. What I get now is 'we can't give you that on the phone, but you can come in...'

"I work. I have kids. I have a life. I can't get into Boston to start researching votes, and I bet most people can't do that either."

"The real work in the legislature is done in committees. If it's not about national security, the public needs to know everything. If you are not going to let us in the committee hearings, at least release the committee votes."

WORKING WITH ALL LEVELS OF GOVERNMENT

Jones says that as a representative she won't do what other representatives do when called by their constituents about local or federal issues.

"Sometimes people call their reps and ask about potholes or some other local issue. I don't want a rep who says 'that's a local issue, you have to call your local town hall.' I want a rep. who is going to pick up the phone, call town hall, take care of the problem. That's constituent services and that's the kind of rep I will be."

JOB SECURITY

"We have to do more to protect jobs and workers. I learned recently in terms of job protection and job security from living through it, that a prospective employer is not mandated to tell you in a 'help wanted' ad that it's an independent contractor position, as opposed to an employee who gets a W2. Employers should be mandated to list in 'Help Wanted' ads if it's a position as a contractor or an employee."

IMPRESSIVE CREDENTIALS

Jones is a former White House intern in the Clinton administration who graduated from American University. "Because of my work on the Clinton-Gore campaign, the White House called me to try and get 12 boys and girls to help out. I recruited a dozen kids and we read letters, and did administrative tasks. The only reason I didn't get a credited internship was because I came back and went to Mass School of Law, but several kids I recruited went on for accredited internships."

Jones supports Hillary Clinton for president, because of her international relations experience in the White House. "Bernie is a strong man, very intelligent, his heart's in right place. He's been in the Senate for a long time. He's a fixture. But, he doesn't have the international relations experience that Hillary has."

Jones says she has been involved in politics since she was 9 years old, passing out donuts at campaign events for Ted Kennedy when he ran against Jimmy Carter for president in 1980. She also worked for John Kerry.

WHAT DO YOU WANT VOTERS TO KNOW ABOUT YOU

"I just want people to know that I'm fair. It's the attorney in me. We may not always agree but at the end of the day, I at least want to hear what you have to say. No one side has all the right answers. Nine times out of ten it's not the left or right, it's somewhere in the middle. How far into the middle you are willing to go and still keep who you are is the real problem today. That won't be a problem

DAILY NEWS: FROM 5

What's worse, a letter by one of Condon's supporters was sent to The Valley Patriot last week before the story about Medeiros's firing was even published.

The letter also alleged that The Valley Patriot was 'giving promotional space' to the candidacy of Gil Medeiros, who is as Sleazy as they come."

The "promotional space" she was referring to was a paid political ad that ran in last month's newspaper, but what was most interesting was that the writer of this letter obviously had inside knowledge of the story that AngelJean of the Daily News had yet to publish.

It's clear that the fix was in to sink the candidacy of Gil Medeiros for Salisbury Selectman. No longer is the media an objective arbiter of facts, but are active lobbyist for … and against … political candidates based on what benefits them the most.

Do you want to continue to be manipulated by the good old boys in Salisbury who circle the wagons and cover up public information with the blessing, and sometime the help, of the Newburyport Daily News?

Do you really want to reward them for this kind of election rigging? Or do you want elected officials who are independent and not in bed with the good old boys and the favorite sons?

Whoever you chose in this month's election, I only hope that you voted based on who you believe will do a good job on the board of selectmen, instead of making an emotional decision based on what you read in the Daily News. There's another election next year. And we will be watching!

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An Interview with Bylli Crayone Of Lawrence (Part I)

On The 25th Anniversary of his First Release

Last month The Valley Patriot sat down with Lawrence singing sensation Bylli Crayone on the 25th anniversary of his first release. He is releasing a 25th anniversary album next month and will be singing locally in the coming months.

How did you get started?

"I started in 1991. The first single was "Girl Hang It Up." It was a freestyle dance single. This year it's the 25th anniversary so it's a special release."

"All throughout the 90s I recorded songs, but it wasn't until 1999 when I had my first full-length album, and now I'm on my fifth studio album. It's called "Green". The funny thing is, the song "Green" is a song that I wrote in seventh grade in 1984. It's one of the songs that stays in your head and it never leaves. I'd be walking around singing it to myself and people would ask me what song is that? So I finally decided to let it out."

How did you go from just writing songs in seventh grade to recording albums?

"In the 80's I was very much a music collector and I still am. My aunt moved down to Fort Lauderdale. At the time there was this big singer called "Johnny O". She was friends with him, and she introduced me to him, and he introduced me to the studio. They had given me an opportunity, and asked me if I wanted to record something. I hadn't written anything, but I did have a break up letter that I had written for my aunt and her boyfriend, so I transformed that letter into a song. That's basically how my recording came about."

"We recorded it with a company called Debonair Productions. They became a great dance label down in Miami. It was released on 200 cassette singles at the time. There was no digital, no vinyl, just 200 cassette singles. It was very rare. That was 1991."

"I performed it at roller rinks, at night clubs, I was only 19 years old at the time. I did a lot of stuff down there. I came back up here and I was performing at Roll on America and Confetti's with a full leg cast because I had broken my leg."

"Since then, when people around here think of my name they think of that song (Girl Hang it Up)."

How did you go from doing your song in local places to doing duets with people like Gloria Estefan, Boy George, Lisa Lisa, Debbie Gibson and the rest?

"In 2010, when I was working on my album "Presto" Lisa Lisa, who is a very good friend of mine, came up with the great idea that I should do collaborations with 80's artists because she knows I'm a big 80's junkie. I also run an 80's website where I focus on 80's artists and what they are doing today. I've become friends with many of them so she suggested I start hitting them up. And I started doing that randomly. She also said she was down to do it with me. So that's really how it got started."

"I ended up recording with Samantha Fox, Tiffany, Salt-N-Pepa, there were quite a few that I recorded with and it was such a thrill. But, it was Lisa's idea. She brainstormed it, and I ran with it. I never thought in a million years… I mean, people asked me today what's the best song I ever recorded, and to this day it is, "Take Us to the Disco" with Boy George. He and Cindy Lauper were my idols growing up. So, to have Boy George singing a song, and singing my name is mind blowing. Even today, I can't believe when I look back that Boy George was singing a song and saying my name."

"I am meeting up with him next month. He's going to be here in Boston with Cindy, both of them together, so I'm really looking forward to this again."

You've done all these songs with all of these tremendously successful people, in the music business, and you've made decent money I assume....

"You don't really make money on sales, publishing is where you make the money."

You're still living Lawrence. You could live anywhere, but you still live on Berkeley St. in Lawrence, how come?

"I get that all the time, my mom is here that's why I stay. I'm staying grounded."

She must be proud of you. Is she into your music?

"Yes. She's always the first one to hear my music."

Every record has a different story. Why this record now?

"In February my "Best Of" album came out. It's a 25th anniversary release."

"Gloria Estefan is my mentor. She says music is in your blood, you have it or you don't. And she was right. I told her 'I can't wait to get the money like you do to keep putting out project after project. She said, 'where there's a will there's a way, if it's in your blood it will happen.' It's so funny, right after she told me that I got hit up by a production company in Germany. I did a cover of "Is It Love" by Mister Mister, and they produced it. It did well overseas, but here in the US it didn't do anything. Then they hit me up in the beginning of December or January and offered me a production deal to record the whole album exclusively. They wanted total exclusively for production and the whole 9 yards."

"I told him, I write my own stuff, I'm not dealing with anyone else as far as having other people in on the writing. Because, that's how you get paid, you get paid on publishing. So, the song "Is It Love" did end up on the album.

"People ask me, 'why green? Is it about money or jealousy, or the environment?' No. It means go. Don't stop, keep going. I also get asked a lot about the name of my last album "Presto". In the 80's that was my nickname when I was a break dancer. A lot of people don't know I was a break dancer"

Is everything new on this record?

"The song "Dance Control", and "I Need You", are early 90's songs, the rest of the stuff is all recent. "Text Me No More", "I Don't Want You", "Mixed Signals", those are all more recent songs and they're all written based on true experiences."

"Normally when I write a song, like, have a song called party in your underwear, I create the title first and then I write. But, these songs I wrote as they were happening. I create the melody, I record myself. I writethe songs then I give it to my producer and they create the music."

NEXT MONTH PART II

HERO: FROM PAGE 1

Sergeant Lussier, now ninety-one years old, recalls the day he entered an old farmhouse. Once inside, he cleared the first floor. But, startled by a noise that came from the direction of the cellar, Sergeant Lussier descended the stairs where he had discovered that there were 27 German soldiers hiding from the advancing American army.

Sergeant Lussier, tired, afraid, and armed with his M-1 Garand, raised his weapon toward the enemy. The German soldiers, as it turns out, were also tired and afraid. Thinking this was the end, Sergeant Lussier prepared to fight to the end when, amazingly, the German soldiers just laid their weapons on the ground and put their hands in the air!

Sergeant Lussier, still alone, then marched the Nazi soldiers out to where his unit was just arriving.

The battle continued to rage and the 78th Infantry Division would advance to Berlin. The following day, after making the capture of the 27 German soldiers, the 78th ID was engaged in a fierce gun battle where Lussier was shot in the left arm.

"Just before we were to go into Berlin, I saw the rifle scope of a sniper. We were the support troops for the Battle of the Bulge," Lussier told The Valley Patriot.

"I saw him laying down and he had a beat on me with the telescope of his rifle and he was aiming right at me while I was walking down the trail. I said to myself, 'I think he's going to shoot at me, I better shoot first.'"

"I had my rifle in my right hand. I fired a shot towards him, but he fired at me too at about the same time. His bullet hit my rifle, went up the rifle and hit me in the shoulder. I was left handed and I would have shot from the left if I had thought about it, but it was such a quick thing there was no time to think."

"I think you can understand that when you are in the military you do what you are told. So, I had to fire my rifle from the right as I was trained, even though I was left-handed. They didn't care if I was left-handed or what. I probably would have had a better shot if I had fired from my left."

"I remember when the bullet hit me, I hit the ground. Those medics were right there for me and I said to them 'get that guy'. But, they weren't there to go after him; they were there to help me. The medic picked me up, hauled me up the hill behind the lines and saved my life."

Lussier's wound was so severe that his arm would have to be amputated. While Lussier lay in a hospital bed for over a year recovering from the surgery, Berlin fell to the Allied Armed Forces, specifically as the Soviet armies advanced leaving a peaceful entry for the other three allies to advance on Berlin.

During his tenure in the United States Army, Sergeant Richard Lussier was awarded The Silver Star, The Bronze Star, The Purple Heart for wounds sustained in a firefight and the Berlin Occupation Medal!

His son, Raymond was in Special Forces in Vietnam, something that he says makes him "very, very, proud."

Sergeant Lussier, has served and remains a proud soldier! Thank you Sgt. Richard Lussier for your service and your sacrifice. We are honored to name you as this month's Valley Patriot of the Month.

The *PULSE!*

There's a lot going on in Lowell

John MacDonald
VALLEY PATRIOT LOWELL COLUMNIST

The race for the 18th Middlesex has drawn the attention of many people over the last few months. Incumbent one term State Representative Rady Mom has seen his share of controversy and challengers willing to take him on. Everything from rubbing elbows with and endorsing a Lowell visit of a Cambodian communist dictator's son (Hun Manet), traveling the world on a victory tour, to complaints of lagging constituent services… have had challengers salivating. Democrats' challenging Rady Mom for his seat is well known city worker and Acre resident Dave Quellette and former City Council candidate Cheth Khim. Although there were at times talk of former City Councilor and Mayor Bud Caulfield, Former candidate and popular Highlands businessman Freddy Bahou or even well know Highlands resident, Brian Donovan throwing their hats into the race… nothing came of it. Mom escaped the bevy of interesting challengers and now faces only two Democrats in a primary instead of 3 or 4.

Mom is an endearing person with a friendly smile and has a bevy of out-of-district political heavyweights behind him. Mom has shown his support for union workers and seems to be attending more neighborhood related activities. So unseating this quickly entrenched establishment Democrat will be tough for any challenger.

Representative Mom will face a Republican challenger in November. Former Lowell School Committee candidate Kamara Kay is in the race. Kay is well educated and displays a high-minded intellect. He's been on the side of a majority of American's of Cambodian descent, who were against the visit of Hun Manet. He's supported striking Verizon workers, is working hard in the Highlands and the Acre, has shown support for Callery Park and seems engaged. He's positioning himself as a Charlie Baker Republican and is mounting a credible candidacy.

Personally I don't see the majority of the Democrat dominated 18th Middlesex voter rolls supporting Kay's candidacy. However only because of the (R) next to his name, those who vote strictly by letters will miss out on a pretty substantive guy. I hope I'm wrong, but I wouldn't bet on it.

Other items of interest are indeed the plight of the aforementioned Verizon union workers on strike. I haven't met many people who aren't supportive of the workers and who aren't against the obvious corporate greed of Verizon. Skilled and professional union workers have been out of a contract since last August. Dedicated employees have seen their American made (billion dollar baby) company, ship jobs overseas and replacement workers infiltrate their picket lines. Verizon management proclaims that the 39K union employees they have treated so shabbily are easily replaced with 1K non-union personnel and management. Let's see what happens when the next big storm hits. We shall see how this shakes out, but I can say that the businesses in Lowell at Crosspoint Towers are already feeling the economic brunt of workers on strike. Will Verizon damage Lowell's economic prosperity long-term?

I switched from Verizon to Comcast for my home telephone service in support of Verizon workers… will you?

Owl Diner and their well-known charitable organization the Owl Diner Charites are running their annual fundraiser and golf tournament on May 16th. Owl Diner Charities is supporting Veterans Assisting Veterans (VAV) this year and are looking for sponsors. VAV is supporting a new program to help veterans, police, firefighters, paramedics and corrections officers suffering with PTSD, through a program at Ironstone Farm. The donation from Owl Diner Charities will go towards this program.

Sponsorships are available for a minimum of $100 dollars, but they hope businesses and individuals will be willing to donate much more. Although the tournament is on May 16th, Owl Diner Charities will gladly accept donations long after the tournament. So please drop by the Owl Diner in Lowell, make a donation and then have a great omelet, pancakes or their famous chipped beef on toast.

Send checks to The Owl Diner Charities, P.O. Box 2192, Highland Station, Lowell, MA 01851 or bring your donation to the Owl Diner at 244 Appleton St in Lowell.

In addition, VAV is announcing a "Welcome Home Vietnam Veterans" concert scheduled for September 17th at the Lowell Memorial Auditorium. The concert will honor our Vietnam Veterans and feature many legends of rock and blues, such as the James Montgomery Band, members of the band formerly known as Boston, Cliff Goodwin and Mitch Chakour who were longtime members of the Joe Cocker Band. Additional performers will be John Cafferty and Michael "Tune" Antunes from John Cafferty & the Beaver Brown Band. Jeff Howell former longtime member of Foghat, lead guitarist Johnny A, formerly of the Peter Wolf Band and currently of Rock and Roll Hall of Famers the Yardbirds and many more. More information will follow, but a portion of the proceeds will be donated to VAV. So mark your calendars for this one of a kind experience.

COMMON CORE: FROM 3

redesigned A.P.U.S. history curriculum." The new AP History courses, written by the College Board Inc., scraps the teaching of the Declaration of Independence and the Constitution in favor of teaching racist cultural imperialism. This is all being done to generate profits for private testing companies and to indoctrinate our students in bogus revisionist history. I would advise students to refrain from taking this bogus AP course.

In the new Common Core textbook, G. Washington - Royalty out of Many, it is stated that George Washington "was anything but a man of the people. By nature reserved and solemn, he chose to ride about town in a grand carriage drawn by six horses and escorted by uniformed liverymen. In the tradition of British royalty, he delivered his addresses personally to Congress and received no reply." Furthermore, in another Common Core textbook, Out of Many, we read, "President Ronald Reagan, who sometimes invented his own past and seemed to believe in it, offered remedies for a weary and nostalgic nation." Is this what we want to be teaching our children?

States are required to adopt Common Core word-for-word. They are only permitted to supplement the Common Core standards if they do not exceed 15% of the state's total standards for the particular content area. States are not permitted to modify Common Core standards in any way and the tests that are developed will not measure any content outside of the Common Core standards. Common Core standards aim to prepare students for community colleges and not for a 4-year college or university.

Bill Gates, the chief provider of Common Core funding, has commented, "When the tests are aligned to Common Standards, the curriculum will line up as well." In a Harvard University interview on September 21, 2013, Bill Gates further admitted, "It would be great if our education stuff worked, but that we won't know for probably a decade. Our public schools are not a social experiment for private corporate interests. Common Core is crony Capitalism at its worst that encompasses a watered-down-one-size-fits-all socialist curriculum.

According to a February 2015 report by the Center For Teaching Quality, Inc., 51 days of an average 180-day school year are used for preparing and taking Common Core tests. Is this really what Education is about?

Common Core also requires very intrusive record keeping of our students. Personal information regarding student backgrounds, eating habits, medications, and family structure are to be shared with multiple Federal Government agencies including, but not limited to, the Department of Labor, Department of Justice, Food and Drug Administration, Social Security Administration, and the Substance Abuse and Mental Health Services Administration.

National Sexuality Education Standards are also incorporated into Common Core teaching. Under these standards, by the end of the 2nd grade, students are expected to "Identify different kinds of family structures," "Demonstrate ways to show respect for different types of families," and "Describe differences and similarities in how boys and girls may be expected to act." By the end of the 5th grade, students should be able to "Identify medically-accurate information and resources about puberty and personal hygiene" and "Define sexual orientation as the attraction of an individual to someone of the same gender or different gender." Parents beware! Who's values are going to be taught?

How do we stop Common Core?

How do we stop Common Core? Educate yourself and others, call your legislators and express opposition, call local school board members and express your opposition, and support the November 2016 ballot question in Massachusetts, which calls for the repeal of Common Core in the Commonwealth.

D.J. Deeb is a Methuen resident and member of the Methuen School Committee. Deeb is an Adjunct Professor of History/Government at Bunker Hill Community College and an Adjunct Political Science Instructor at the University of Massachusetts Lowell. He teaches Social Studies full-time at Reading Memorial High School. He is the author of Israel, Palestine, and the Quest for Middle East Peace (University Press, 2013) and The Collapse of Middle East Peace (IUniverse, 2003).

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Ye Gay Ol' Valley

Did Four Young Women Go to Prison for Being Gay?

By Lenore Skenazy
GUEST LESBIAN COLUMNIST

This will sound strange but it only gets stranger: A man in the Yukon who lives in a hut and has a team of 30 mush dogs got interested in the topic of female sex offenders.

Go figure.

The man, Darrell Otto, may trod the frozen tundra, but like everyone else, he's got Internet access, and somehow he stumbled upon an odd case: Four Texas lesbians convicted in their very early 20s of raping two young girls in a tequila-soaked orgy. By the time the man, Darrell Otto, was reading about them, they'd been in prison four or five years, but they had at least another decade to go. One of them, in fact, had 30 years to go.

That's quite a sentence.

Otto wanted someone to dig deeper and at last he found the National Center for Reason and Justice, a nonprofit dedicated to identifying false allegations of harm to children, which agreed to investigate. Here's what they found.

The girls, 7 and 9, had been staying with their aunt, 20-year-old Elizabeth Ramirez, for a week. Two months later, they told their grandmother they'd been raped by Ramirez and her friends.

The girls changed their facts — sometimes they were threatened with a knife, other times a gun; sometimes separately, sometimes apart — but most damningly: they had told a strikingly similar story two years earlier. That time, it was about their mom. This was when their dad, Javier Limon, was in a bitter custody battle with her.

Javier Limon figured large in this case, too. Allegedly, he had been in love with Ramirez and outraged when she turned him down. He vowed vengeance. Slate reports that Ramirez had love letters from Limon.

She was not allowed to enter them in her defense.

Instead, the trial was about four gay women, in a conservative Texas town, at the tail end of the "Satanic Panic." That's when Americans across the country became convinced that day care workers were dismembering babies, drinking blood and ritually raping preschoolers. It sounds outrageous now, but people went to prison, sometimes for decades, for ostensibly making their toddler students dig up bodies in the graveyard, or flying them down to Mexico to be raped by soldiers — and back by circle time. (See the case of Frances and Dan Keller.)

In the end, the women's fate was sealed when a doctor testified that the lines she saw on one of the girl's hymens were irrefutable proof of rape. The San Antonio Four entered prison reviled as child molesters — and lesbians.

"Many of these cases were fueled by homophobia," says Debbie Nathan, author of "Satan's Silence: Ritual Abuse and the Making of a Modern American Witch Hunt." Nathan is on the board of the NCRJ, the group that took on this case. Back then, she says, many people assumed that anyone gay was also a child predator.

Nathan urged one of her proteges, Deborah Esquenazi, to keep digging, even as she convinced the Texas Innocence Project to do the same. As a gay woman herself, just coming out, Esquenazi went to meet the women in prison and was shocked to find, "They were no longer angry. They just wanted to tell their story."

So she brought along a video camera, and bore witness over the next few years to an extraordinary turn of events.

First, the doctor who had insisted the physical evidence "proved" rape admitted she'd been wrong. It turns out that hymen lines are a normal variation.

Second, Texas passed a bill that allows people to appeal if their convictions were based on "junk science."

Finally: One of the victims, now 20-something, recanted her testimony. She said she'd felt guilty for ages.

After more than a decade in prison, the women were released ... but not exonerated. They're in legal limbo, working factory jobs as they await what happens next.

Which is the red carpet.

Esquenazi's documentary, "Southwest of Salem," is premiering at the prestigious Tribeca Film Festival. The San Antonio Four will be there. It should all be pretty sweet.

But not as sweet as justice.

Lenore Skenazy is author of the book and blog, "Free-Range Kids," and a keynote speaker at conferences, companies and schools. Her TV show, "World's Worst Mom" airs on the Discovery Life Channel. To find out more about Lenore Skenazy (Lskenazy@yahoo.com) and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

Beneath the Surface

What Is the Meaning of the Trump Ascendency?

Paul Murano
VALLEY PATRIOT COLUMNIST

There has been a lot written about what the potential presidential nominations of Donald Trump and Hillary Clinton might mean to America. I can think of several things, and will reflect on one:

Politics reflects culture. Who we are is reflected in who we elect.

When I was a very young person I witnessed the great fall of the Democratic Party from being one of integrity to one of depravity. Because of this I never registered as a Republican. What is the correlation? I knew that if it happened to one major political party it could happen to any. And, lo and behold, that seems to be exactly what is occurring under our noses today. When the Democratic Party evolved from being the party of FDR to the party of killing preborn babies out of a displaced compassion for women, it became evident there was only one major political party left that was not willing to pass injustice from group to another by redefining reality. Yet, while the Democratic Party has been supporting the cultural left's agenda of denying biological science and redefining reality in order to "normalize" as many psychological pathologies and sexual deviations as possible, the Republican Party has slowly moved its goalposts to join the game. You can also see this infiltrating media outlets such as Fox News, Drudge Report, and Breitbart, uncovered by the Trump phenomenon.

Democrats certainly have a big head start into the selfish world of me-politics that leads to nihilism; however, Republicans have been slowly chasing them in order to appear "acceptable" to an increasingly morally confused public. Before Trump, no Republican could possibly win praising Planned Parenthood. Before Trump (BT) no candidate would survive publicly insulting a war hero or someone with a paralyzing disease. BT no candidate had a prayer if they insulted the non-attractiveness of a female opponent running for president. BT no candidate could ever proclaim to America that a female reporter was unstable due to her menstrual cycle, and that his manhood does not match his small hands - and expect to get any support whatsoever. BT, even calling someone a "liar" would spell doom for their candidacy. Bob Dole lost to George H.W. Bush, partly because of his quip after the NH primary: "Tell him to stop lying about my record!" Others were seen as whiners for calling other candidates liars, but Trump nick-named his chief rival "Lyin' Ted." He insulted Rubio with "Little Marco", called Bush "Low Energy Jeb" and publicly attacked Bush's brother, the last Republican president, for every foreign policy blunder of his administration. Although we all like his folksiness, his political incorrectness, and off-the cuff press conferences without a teleprompter, until recently none of this would have been acceptable.

What does this all mean? Before this political cycle I would criticize the American Left for idolizing political figures and making them Saviors, like JFK and Barack Obama. I would claim that no political movement or person can bring about personal happiness, and yet for many in America politics has become their religion. But at least up until now we have had one major political party we could count on to not succumb to the destructive pressures of the modern world, who would stand up to neutralize the other party that was in full destruction mode. Not anymore. The rejection of so many principled candidates in 2016 in favor of the guy who insults with vulgarities everyone who seeks what he wants and who makes a naughty fourth grader seem mature -- this rejection indicates the Republican Party has joined...well...the party. You now have a Repubocrat SuperParty that has no principles, is willing to insult the messenger when they don't like the message; and worse, is willing to redefine reality in order to suit their false narrative. Much of George Orwell's 1984 is now present, and there is no major political party anymore to combat the insanity. This is what the Trump movement seems to indicate. The bottom line is that no political movement, party, or person can be counted on to uphold what is true and good amidst the pressures of the modern world. There is only one Savior that has done this, and He now invites us to do this by courageously following Him -- and His name is not Kennedy, Clinton, Obama, or Trump.

Do we need to vote for Hillary to stop this movement? No, for two reasons. First, whether or not Trump is elected president, it seems the national Republican Party has already crossed the Rubicon into valuing power over principle and integrity, something the Democratic Party has done several decades ago. Secondly, voting for Hillary instead of Trump is like jumping into a pool of fire to avoid sweating on a hot day. The culture must change, and you must change it. Until this occurs, we get what we deserve.

Paul Murano teaches philosophy at Rivier University and North Shore Community College and is host of Beneath the Surface radio show on WCAP, Mondays 10-11pm. Podcasts available at facebook.com/fellowtruthseekers. Paul teaches adult enrichment at St. Patrick's in Nashua, is founder of Heartbeat Pregnancy Help center in Burlington, and is a singer-songwriter-musician. E-mail Paul at PJDM@aol.com

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FROM ISRAEL TO THE VALLEY PATRIOT

When a Number is More Than Just a Number

Forest Rain
VALLEY PATRIOT ISRAELI COLUMNIST

Numbers, in and of themselves are innocuous, it is the actions of people that imbue them with meaning.

The teenager wasn't asked when the Nazis tattooed a number on his arm. A decision made by men declared that men, women and children could be catalogued, used and discarded. Numbers labeled them as less than human.

Unlike so many others beside him, by some miracle (or many small ones) the teenager survived Auschwitz. He moved to America, got married and had a family. Over the years, throughout all his activities, no matter what he accomplished, Gerhard Maschkowski always carried with him the reminder that once he was less than human: the number that branded him a Jew.

71 years after liberation from Auschwitz the numbers on Gerhard's arm have faded, less clear but always there. Time has not, cannot, erase the numbers from his arm or the memories that accompany them.

Sometimes numbers are a lot more than just numbers.

Sometimes the contrast between one set of numbers and another is nothing short of breathtaking.

Militaries worldwide issue their soldiers identification tags: "dog tags." Each army decides to put different pieces of information on the tag. IDF tags have the soldier's first and last name and their military identification number which, interestingly, is different from the civilian social security number issued to all Israeli citizens.

Now try to imagine yourself in Gerhard Maschkowski's shoes. After being transformed into nothing but a number, what would it be like to hold in your hand dog tags given to a different Maschkowski?

A Maschkowski, young and tall and strong. A Maschkowski born in the land of the Israel, who has now joined the Israel Defense Forces.

Here the number is added to the name, it does not come instead of the name.

Here the number is a badge of freedom, not a mark of freedom stripped away.

The young Gerhard had no one to defend him and no tools to defend himself. Now Maschkowski's can defend themselves and other Jews as well.

The IDF means that never again will Jews remain defenseless against those that wish to exterminate us. Never again will it be necessary to count on the mercy of another for our protection. History has taught us that there is no one else that can be relied on. We must save ourselves. The ability to do so is the freedom of Israel.

Just ask Gerhard. He knows.

Sometimes numbers are much more than just numbers.

TEEN TALK WITH ANA DEBERNARDO

Only One Page

Ana Debernardo
VALLEY PATRIOT TEEN TALK COLUMNIST

A week ago today, I was lying on the beach, toes in the sand, with an endless view of the Mediterranean in front of me. Looking back, I can say with full conviction that it was the best spring break of my life. I was a little apprehensive about this trip in the weeks leading up to our departure because I worried that a school-sponsored trip might be overwhelmingly educational. Don't get me wrong: I am always up for learning new things. In fact, one of the things I love most about traveling is exploring different cultures and having new experiences. But a week in Europe spent at leisure with your friends seems much more appealing than one spent within the confines of a rigid schedule where strict time limits hinder your ability to fully appreciate every aspect of your trip. The idea of constantly traveling within your mini herd of student companions, always guided by the same screechy-voiced local guide had me second-guessing my decision throughout the seven-hour plane ride to Madrid.

Upon arrival, however, I sensed that I had embarked on a life-changing experience. The fact that it was drizzly that entire first day did not detract from the enchantment of the country. The grey skies above us cast a somewhat sleepy haze on the city, and it truly seemed as if everything around us was operating in slow motion. I was mesmerized through and through, and all we had done was stroll through a few cobble-stoned side streets near our hotel. I felt a pure, child-like happiness when I realized I still had an entire week of exploring ahead of me.

The week flew by much faster than anticipated, or at least much faster than I would have liked it to. If it were in my power to control the sands of time, I would have had them flow like molasses, oozing unhurriedly, even if it were just for the week. I find it incredible how much more can be learned in a week in a new environment, than in a month within the same 4 walls of a classroom. Every student I've talked to who has spent one or more semesters abroad has only confirmed this.

What most struck me about this trip, though, were the country's astounding architectural wonders. I have been to Italy twice; so European architecture was not new to me. I remember wanting to pose for a picture in front of every alley and doorway because that's how picturesque the country was, even in the simplest areas. Of the many places we visited on our weeklong adventure, one of the most impressive was the Cathedral of Saint Mary in Toledo. Standing in the enormous edifice, looking up at the resplendence of each detail, you can immediately detect the extent of the careful and laborious work required to construct a building of such caliber. Another cathedral we visited in Seville took 600 years to build, and walking around the church, six centuries seemed reasonable, if not too little time, to produce the immensity and grandeur radiated within. It seems a tragedy to think that the construction of these architectural marvels only exists in the past. Even when compared to America's biggest and most impressive buildings, the opulence of European architecture is unparalleled.

I hope I haven't come off as unpatriotic for glorifying a culture and country that's not my own, but I think that is the very reason I can appreciate them as much as I do. Should I have been brought up in a different country, their customs and traditions might seem ordinary to me by default. That's why traveling is such a unique form of learning. You're not just seeing history through a textbook, but living it and feeling it. There is so much of the world to see, it seems nonsensical for a person to let their entire life slip by without having explored it. As St. Augustine famously said, "The world is a book, and those who do not travel read only one page."

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Happy Mother's Day!

Peter Larocque
VALLEY PATRIOT COLUMNIST

While sitting at my desk writing this, my thoughts turn to Mary the mother of Jesus. I can only imagine what was going through the mind and heart of this very young Jewish girl hearing these words repeated many times by her father from Isaiah 9: 6, "For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace." Then on the heels of those promising words are these in Isaiah 53:10-12, Yet it pleased the LORD to bruise him; he hath put him to grief: when thou shalt make his soul an offering for sin, he shall see his seed, he shall prolong his days, and the pleasure of the LORD shall prosper in his hand. 11 He shall see of the travail of his soul, and shall be satisfied: by his knowledge shall my righteous servant justify many; for he shall bear their iniquities. 12 Therefore will I divide him a portion with the great, and he shall divide the spoil with the strong; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors." One can only wonder what Mary thought about all this?

I believe that it was no secret that this child, this Redeemer of the world was coming to take away the sins of the world! We read in Luke 1:26-33, "26 And in the sixth month the angel Gabriel was sent from God unto a city of Galilee, named Nazareth,27 To a virgin espoused to a man whose name was Joseph, of the house of David; and the virgin's name was Mary.28 And the angel came in unto her, and said, Hail, thou that art highly favoured, the Lord is with thee: blessed art thou among women.29 And when she saw him, she was troubled at his saying, and cast in her mind what manner of salutation this should be.30 And the angel said unto her, Fear not, Mary: for thou hast found favour with God.31 And, behold, thou shalt conceive in thy womb, and bring forth a son, and shalt call his name JESUS.32 He shall be great, and shall be called the Son of the Highest: and the Lord God shall give unto him the throne of his father David:33 And he shall reign over the house of Jacob for ever; and of his kingdom there shall be no end." Upon hearing these words from the angel, we read Mary's reply in verse 38, "behold the handmaid of the Lord; be it unto me according to thy word." Mary literally agreed to give birth to the only baby born to die!

Next, there was Joseph, her husband whom we read about in Matthew 1:19-21, "Then Joseph her husband, being a just man, and not willing to make her a publick example, was minded to put her away privily.20 But while he thought on these things, behold, the angel of the Lord appeared unto him in a dream, saying, Joseph, thou son of David, fear not to take unto thee Mary thy wife: for that which is conceived in her is of the Holy Ghost.21 And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins." Again we read plainly the words concerning Jesus that he was going to save his people from their sins! Here we see Joseph and Mary doing their part in bringing forth man's Savior from sin! WOW! Then Jesus' own cousin, John the Baptist, some 30 years later concurs with this in John 1:29, "The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world."

Today we read in the Church Epistles written by the Apostle Paul after the death of Jesus Christ on the Cross, 1Corinthians 15:3, "For I delivered unto you first of all that which I also received, how that Christ died for our sins according to the scriptures;" Galatians 1:4, "Who [Jesus] gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father:" Then again in Ephesians 1:7, "In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace;"

The Apostle Peter writes in 1Peter 2:24, "Who [Jesus] his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed." Then again in chapter 3:18, "For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit:" One more time just in case you haven't got the point yet, in 1 John 2:1-2, "My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate [one who has been or can be called to help] with the Father, Jesus Christ the righteous: And he is the propitiation [full payment] for our sins: and not for ours only, but also for the sins of the whole world."

We have seen from scripture, without any discrepancies the purpose for the death of Jesus Christ was to take away our sins by becoming our sin offering and full payment to the justice of God!

I have heard many times that Jesus was murdered, that he was killed at the hands of the Jews and Romans of his day. I ask, have they ever read these words of Jesus himself, John 10:17-18, "Therefore doth my Father love me, because I lay down my life, that I might take it again. No man taketh it from me, but I lay it down of myself. I have power to lay it down, and I have power to take it again. This commandment have I received of my Father."

Many times people like to assigned blame because it removes any liability or guilt. But Jesus sets the record straight by saying that no man takes his life! So what was it that kept him on that Cross? The answer is you and me! He so loved God and He loved us! John 3:16.

I am reminded of the song, Mary Did You Know? I would like to encourage all of you to look up the lyrics to this song; they are a great blessing and comfort to all of us. Please join me in saying one more time to all the Mothers out there,

Happy Mother's Day!

Peter Larocque has been married to wife, Pam for 34 Years, has three wonderful children, and is blessed with three grandchildren, He was a former Lawrence School Committee Member (2006-2009), and has been a baker with Demoulas, Market Basket for 16 years.

Benefits of a Healthy Lifestyle with Exercise

Rick Bellanti
EXERCISE COLUMNIST

Let's face it, we all love salt on our food, as a chef I learned very quickly that salt acts as a flavor enhancer, but too much salt in your diet causes excess fluid retention, which increases your blood volume and requires the heart to pump harder to push it through your arteries. Over time, this very much could lead to an increase in blood pressure, thus increasing your risk of having a stroke or heart attack. Too much sodium in your diet also reduces the amount of calcium your body holds decreasing bone density and putting you at a higher risk for fractures and breaks.

Having a little salt is essential to good health and healthy adults should consume salt daily to replace the amount lost through sweat however, the body only needs a small amount of sodium a day, roughly 200 to 500 milligrams, which is less then a quarter of a teaspoon. The FDA recommends limiting your salt intake from 1,500 mg to 2,400 mg per day. Unfortunately, the average American's diet contains two to three times that recommendation.

Your daily salt intake from the salt shaker accounts for only about 6 percent of the sodium you are taking in, 80 percent of it comes from the processed foods we eat; canned, prepackaged and frozen foods are loaded with sodium. So watch the prepackaged snacks and foods you eat, be sure to check the nutrition facts label on each product (look for sodium and salt) also take note of the amount in each serving size, you may have to double the total. Did you know that baking soda also contains sodium? One teaspoon of baking soda contains 1,000 mgs of sodium so watch for baking soda (sodium bicarbonate) as well. Try to season your food with fresh herbs and spices instead of adding more salt.

There is a salt that is good for you, and that's called Himalayan Sea Salt.

Himalayan Sea Salt comes from the mountains across Asia and is mined by hand and is considered a natural salt. They are mineral packed crystals, which formed naturally within the earth and have a pink, white and red color to it. Natural salts have plenty of iodine, so it doesn't need to be artificially added in and is said to be the purest form of sea salt.

The reason why Himalayan Sea Salt is better for you is it increases hydration, regulates the water inside and outside of cells, helps prevent muscle cramping, aids in metabolism functioning, helps strengthen bones, helps the intestines absorb nutrients, improves circulation and helps remove toxins.

Bonus tip: Throw Himalayan Sea Salt in your bathtub for a detoxifying salt bath. The replenishing nutrients stimulate circulation and soothe sore muscles.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 241lbs, and has lost 132lbs since the start of 2015. If you have any questions or comments, please post them to his Getting Healthy with Rick Bellanti Facebook page and once a month he will address a few of the topics here

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Understanding Back Pain and What You Can Do

The Doctor Is *IN*

Dr. Rami Rustum
VALLEY PATRIOT MEDICAL COLUMNIST

Pain is one of the most common reasons people go to the doctor or miss work, and a leading cause of disability worldwide. Most people have back pain at least once.

Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple treatment and proper body mechanics often will heal it within a few weeks and keep it functional for the long haul. Surgery is less often needed to treat back pain.

Signs and symptoms of back pain may include:

Muscle ache

Shooting or stabbing pain

Pain that radiates down your leg

Limited flexibility or range of motion of the back

Back pain can come on suddenly and last less than six weeks (acute), which may be caused by a fall or heavy lifting. Back pain that lasts more than three months (chronic) is less common than acute pain.

Back pain often develops without a specific cause that your doctor can identify with a test or imaging study. Conditions commonly linked to back pain include:

Muscle or ligament strain: Repeated heavy lifting or a sudden awkward movement may strain back muscles and spinal ligaments. If you're in poor physical condition, constant strain on your back may cause painful muscle spasms.

Bulging or ruptured disks: Disks act as cushions between the bones (vertebrae) in your spine. The soft material inside a disk can bulge or rupture and press on a nerve. However, you can have a bulging or ruptured disk without back pain. Disk disease is often found incidentally when you undergo spine X-rays for some other reason.

Arthritis: Osteoarthritis can affect the lower back. In some cases arthritis in the spine can lead to a narrowing of the space around the spinal cord, a condition called spinal stenosis.

Skeletal irregularities: Back pain can occur if your spine curves abnormally. Scoliosis, a condition in which your spine curves to the side, also may lead to back pain, but generally only if the scoliosis is severe.

Osteoporosis: Your spine's vertebrae can develop compression fractures if your bones become porous and brittle.

Anyone can develop back pain, even children and teens. Research has yet to prove what contributes to back pain. However, these factors might put you at greater risk of developing back pain:

Age: Back pain is more common as you get older, starting around age 30 or 40.

Lack of exercise: Weak, unused muscles in your back might lead to back pain.

Excess weight: Carrying too much weight puts extra stress on your back.

Diseases: Some types of arthritis and cancer can contribute to back pain.

Improper lifting: Using your back instead of your legs can lead to back pain.

Psychological conditions: People prone to depression and anxiety appear to have a greater risk of back pain.

Smoking: This can keep your body from delivering enough nutrients to the disks in your back.

For back pain, frequent questions being asked by the patient may include:

What is the most likely cause of my back pain?

What diagnostic tests do I need?

What treatment approach do you recommend?

If you're recommending medications, what are the possible side effects?

I have other medical conditions. How can I best manage them together?

How long will I need treatment?

What self-care measures should I try?

What can I do to prevent a recurrence of back pain?

What to expect from your doctor

Your doctor is likely to ask you a number of questions, including:

When did your back pain begin?

Is the pain constant?

Does the pain affect your ability to function? If so, how much?

Do you have other signs or symptoms besides back pain?

Do you do heavy physical work?

Do you exercise regularly? What types of activities do you do?

How often do you feel depressed or anxious?

Do you sleep well?

What treatments or self-care measures have you tried so far? Has anything helped?

While visiting your doctor for back pain, he or she will examine your back and assess your ability to sit, stand, walk and lift your legs. Your doctor might also ask you to rate your pain on a scale of zero to 10 and talk to you about how well you're functioning with your pain.

These assessments help determine where the pain comes from, how much you can move before pain forces you to stop and whether you have muscle spasms. They will also help rule out more-serious causes of back pain.

If there is reason to suspect a specific condition may be causing your back pain, your doctor may order one or more tests:

X-ray: These images show the alignment of your bones and whether you have arthritis or broken bones. These images alone won't show problems with your spinal cord, muscles, nerves or disks.

MRI or CT scans: These scans can generate images that may reveal herniated disks or problems with bones, muscles, tissue, tendons, nerves, ligaments and blood vessels.

Blood tests: These can help determine whether you have an infection or other condition that might be causing your pain.

Bone scan: In rare cases, your doctor may use a bone scan to look for bone tumors or compression fractures caused by osteoporosis.

Nerve studies (electromyography, or EMG): This test measures the electrical impulses produced by the nerves and the responses of your muscles. This test can confirm nerve compression caused by herniated disks or narrowing of your spinal canal (spinal stenosis).

Most acute back pain gets better with a few weeks of home treatment. Over-the-counter pain relievers and the use of heat or ice might be all you need. Bed rest isn't recommended.

Continue your activities as much as you can tolerate. Try light activity, such as walking and activities of daily living. Stop activity that increases pain, but don't avoid activity out of fear of pain. If home treatments aren't working after several weeks, your doctor might suggest stronger medications or other therapies.

Medications

Depending on the type of back pain you have, your doctor might recommend

the following:

Over-the-counter (OTC) pain relievers: Acetaminophen (Tylenol, others) or nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil, Motrin IB, others) or naproxen sodium (Aleve), might relieve acute back pain. Take these medications as directed by your doctor, because overuse can cause serious side effects.

If OTC pain relievers don't relieve your pain, your doctor might suggest prescription NSAIDs.

Muscle relaxants: If mild to moderate back pain doesn't improve with OTC pain relievers, your doctor may also prescribe a muscle relaxant. Muscle relaxants can make you dizzy and sleepy.

Topical pain relievers: These are creams, or ointments you rub into your skin at the site of your pain.

Narcotics: Certain drugs, such as Codeine or Hydrocodone, may be used for a short time with close supervision by your doctor.

Antidepressants: Low doses of certain types of antidepressants — particularly tricyclic antidepressants, such as Amitriptyline — have been shown to relieve some types of chronic back pain, independent of their effect on depression.

Injections: If other measures don't relieve your pain and if your pain radiates down your leg, your doctor may inject Cortisone — an anti-inflammatory medication — or numbing medication into the space around your spinal cord (epidural space). A Cortisone injection helps decrease inflammation around the

BACK PAIN: PAGE 26

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KNOW YOUR BODY

The Chain of Survival

Frank MacMillan, MD
VALLEY PATRIOT MEDICAL COLUMNIST

I'm like many of you. I never liked to do my homework as a kid. When my mother asked my elementary school teacher why my younger brother had so much more homework than I did, the teacher answered that I rarely did it, and when I did, it was seldom turned it in on time. My work habits have improved since then, but I have never been a fan of homework.

Isn't it ironic then that my chosen career requires constant attention to continuous learning? I was thinking of this as I maintain my certifications and boards, renew licenses and DEA registrations, and how there is no forgiveness for not keeping up. With that background and the need to constantly update my professional credentials, I have been doing my every two year recertification on my American Heart Association's Basic Life Support and Advanced Cardiac Life Support on-line over the past few weekends. What these courses teach is how to do chest compressions properly, rescue a collapsed or obstructed airway, and how to administer drugs and electric shocks to restart the heart when there is a cardiac or respiratory arrest. Not every physician is required to maintain certification in these skills, but I have always thought of these skills as being core to what I am as I present myself to the public as a medical doctor. These same skills are also taught to nurses, paramedics and EMTs. First responders including police, fire fighters, teachers, and coaches can, and many are trained and certified to do basic life support, also known as CPR (cardio-pulmonary resuscitation). It saves lives!

The American Heart Association certifies and sponsors much of the training, and it is high quality, evidence-based, and regularly updated to reflect real world experience and best practices. That is one of the important reasons that certification needs to be continuously updated. As I went through the exercises, it reinforced to me that high quality immediate bystander CPR and improved availability of automated defibrillators (devices that deliver electric shocks commonly called AEDs) have dramatically increased the likelihood of successful resuscitation and survival in the event of a witnessed cardiac arrest. There is an old saying that "time equals myocardium", or more simply that you can save a dying heart by restoring circulation quickly with CPR and rapid defibrillation.

It has been shown in cities such as Seattle, where CPR training has been widely offered to the public, that the likelihood of meaningful survival after out-of-hospital cardiac arrest is measurably improved. There are few warning signs of cardiac arrest in many circumstances, and most people fail to recognize their own symptoms. The point I want to make is that sudden cardiac arrest can occur without warning and that timely action can make a big difference.

AED devices (automated external defibrillators) are becoming less expensive and more widely available. The use of these devices and CPR skills are easily taught to most people. I'd like to make a case for teaching these skills as a part of existing public middle and high school physical education programs, so that the whole population benefits from young citizens being skilled and able to save lives at a moment's notice. This knowledge and skill not only potentially saves older people, but also children drowning in swimming pools, anyone choking on food, the high school athlete with a sudden arrest, our neighbor, family or friend. There is a real opportunity to act in those initial precious few minutes before the first responders arrive with advanced equipment. The foundation of successful advanced life support is early high quality CPR which almost anyone can learn. It could potentially make a big difference in the chain of survival.

Dr. MacMillan specializes in Gastroenterology and Liver disease and is a member of the North Andover Board of Health. Dr Macmillan is an Officer and Vice Speaker of the House of Delegates at the Massachusetts Medical Society and alternate Delegate from Massachusetts to the American Medical Association. Dr MacMillan practices in Haverhill, and is on staff at Holy Family Hospital Haverhill and Methuen, Anna Jaques Hospital in Newburyport, Lawrence General Hospital, and Parkland Hospital in Derry, NH and is a founding member and President of the Massachusetts Gastroenterology Association. Dr MacMillan has served as Massachusetts Governor of the American College of Gastroenterology since 2011 and is a Fellow of the College.

Governor Charlie Baker is the Overlord for MA Doctors

Bharani Padmanabhan, MD, PhD
MEDICAL CORRUPTION COLUMNIST

Progressives, such as Surgeon General Vivek Murthy's "Doctors for Obama" outfit, now called Center for American Progress dba Doctors for America, complain loudly about Florida's gun gag law that prevents doctors from asking patients if they have a gun at home. It is terrible when a politician comes between doctor and patient they decry.

It is telling however that everyone is deathly quiet about Governor Baker coming between doctor and patient when discussing management of chronic pain. Just as Boston Children's Hospital declared that mitochondrial disease does not exist, Governor Baker and friends have declared that chronic pain does not exist.

Last month a former patient of mine had the misfortune of being referred to the Brockton Hospital pain clinic as a result of her own doctor retiring. The patient had been in a massive motorcycle accident that involved her husband and their Harley flying through the air and both breaking various bones. This was many years ago and both have been on a stable regimen of pain medicine ever since to remain fully employed, proudly independent and never a burden on the tax payer, unlike certain Cambridge Rindge & Latin families.

The visit began with the doctor asking her how long she had taken drugs. The patient replied quietly that she has taken only prescribed medicines and has been fully compliant all along. The doctor then asked if her husband was also on drugs. The patient replied that he was on prescribed medicines and had been with the same doctor for many years.

The doctor then enquired if the patient had any children. The patient answered that she has two grown sons. Are they on drugs too asked the doctor. My sons do not take any medicines said the patient, still patiently.

Where are your sons asked the doctor next. The older one is at Bridgewater State, began the patient. "You mean in prison?!" interrupted the doctor. The patient patiently explained he was in college and doing well and what did any of this have to do with her health?

"Governor Baker has made very clear that doctors should not prescribe opioids and I shall not." he said. " We in the Brockton Hospital pain center do not give pain medications. What I will do is give you a one-month supply at half of your usual dose and from the end of the month you will be drug-free!"

The patient naturally enquired why the Brockton Hospital pain center even existed.

We do injections in the back was the reply.

His Excellency Governor Baker should give the doctors of the Brockton Hospital pain clinic an award for being so respectful of his wishes, so politically correct.

Having lived under communism I personally remember doctors being similarly respectful of policy decisions from up top. Generations of doctors asked themselves, "Am I harmonized with the High Command? Am I politically correct?" Doctors at my hospital also complied with the Party's desire to kill a dissident by withholding his insulin, locking the door and waiting for coma. They were very politically correct.

This compliance with the collective against the interest of the individual patient led to whole generations correctly suspecting doctors and avoiding them when at all possible. Progressive East Europe has no equivalent to Norman Rockwell's country doctor any more. They all got thrown into the gulag, like Dr Mikhail Stern.

Personally I found the individual professionalism of doctors in the United States a refreshing change when I moved here 20 years ago but clearly that is not politically correct anymore. As government comes in more between doctor and patient, only the politically correct doctor can safeguard the mortgage payments.

Given that the office of Governor Baker has actively supported the Massachusetts Board of Registration in Medicine's efforts to drive honest professionals out of medicine, it is assured that a doctor who does not readily swear allegiance to Governor Baker's wishes will have his/her license pulled swiftly. No wonder doctors loudly declare to patients their fealty to His Excellency's policy.

I had written here previously about Governor Baker's opioid task force working to stop hospitals from asking patients if their pain had been treated after surgery. He has now been joined in this push to repeal established pain management guidelines.

By doing so we shall establish victory over fentanyl overdoses in restaurant bathrooms and heroin shall become too expensive to purchase.

If this strikes you as being as absurd as persecuting Prof. Vavilov in favor of Lysenko, that is because it is. Once again pseudo-science has gained the upper hand.

Then again, this is Massachusetts. Nothing better may be expected.

Bharani Padmanabhan MD PhD is a neurologist who specialises in multiple sclerosis in the Boston area. scleroplex@gmail.com

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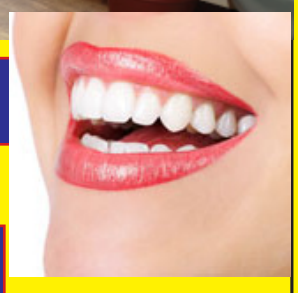
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IN THE GROOVE with Cindy Annis

THE CARPENTERS

A beautiful woman with an angelic voice lost her life at the young age of thirty-two when her life had only just begun.

The Carpenters were a brother, sister group from Connecticut. Richard Lynn Carpenter is the big brother of the duo. He was born on October 15, 1946. By age twelve, he started taking piano lessons. When he got into Yale University, he studied classical music. His sister Karen was born on March 2, 1950. Karen loved sports, and also started playing music. When the family moved to California in 1963, Karen joined her high school band and played drums.

In 1965 while a student at California state college, Richard formed an instrumental trio with his sister and his friend, Wes Jacobs. Winning the battle of the bands, the group recorded for RCA, but was dropped. The trio broke up later that year.

When Karen was seventeen years old, she started dieting. With supervision from her doctor, she went on the Stillman's diet. She ate lean meat along with eight glasses of water a day and never had fatty foods.

In 1966 Spectrum was formed. Karen sang the main vocals, while Richard sang harmony. The demo tapes caught the attention of Herb Alpert. Since Karen was under the legal age to sign a recording contract, her father signed for her in 1969. The first album that the Carpenters released was originally called Offering. The A&M record wasn't successful until the album title was changed to "Ticket to Ride".

The style of the music of the Carpenters was soft rock. Their music was recorded using multiple tracks. Karen sang lead, while Richard sang harmony. Karen also sang harmony. The sound was created by way of recording the instruments on one track, Karen's lead vocal on another track, and two other tracks were used for harmony.

The record company they were with designed the logo for the Carpenters. A&M records created a fancy cursive label that was on most of the Carpenters albums and singles.

By 1975, the Carpenters had already recorded several albums. Their Horizon album, which was released in 1975, had a #1 cover of "Please Mr. Postman. The song has a music video of Richard and Karen at Disneyland.

By the middle of 1975, both Karen and Richard were dealing with demons. Karen was taking laxatives and thyroid replacement pills to lose weight. Her condition is called anorexia nervosa. This is when people starve themselves to lose a large amount of weight in a short time. Karen was rushed to the hospital after she collapsed on stage during a performance.

Feeling the pressure of the music business, and worried about Karen, Richard started taking Quaalude. Quaalude is given in a dosage range of 75-100 milligrams. The drug can slow down a pulse rate, make blood pressure drop quickly while making a person fall asleep. This drug is so dangerous and addictive that in 1984, President Reagan signed a bill banning the drug. With a growing addiction to Quaaludes, Richard fell down a flight of stairs while backstage during a performance in 1979. Shortly after the incident, Richard checked himself into a rehab facility. After six weeks of rehab, Richard went home and took the rest of the year off.

On June 16, 1981 the Carpenters released the famous "Made in America" LP. This was their final album before Karen's death.

On February 4, 1983 Karen died in the bedroom of her parent's house. She died from heart failure from gaining weight so quickly. Ipecac syrup, which is used for coughs and will induce vomiting, was found in her body.

Tune into Cindy's Vinyl Vault every Sunday at 10pm, Monday at 11pm, and Wednesday beginning at 9pm for the best music from the 50s through the 70s ever placed on vinyl. Remember it's not how old it is, but how great it sounds!

TV TALK WITH BILL CUSHING

Amazon's 'Bosch' Delivers The Goods

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

Bosch premiered in 2015 as one of Amazon's new streaming series. While it had a very good first season that established characters and laid some good groundwork, season 2 of Bosch kicked it up a notch.

Based on Michael Connelly's series of novels, Amazon's solid, gritty cop drama stars Titus Welliver as LAPD Homicide Detective Hieronymous "Harry" Bosch.

Season 2 starts with Harry back on the police force after a six-month leave due to an incident in season 1. He and partner Jerry Edgar (Jamie Hector) are investigating the mob-style killing of an adult film producer. But it's not just the crime story that makes Bosch worth watching. There are other storylines that are interwoven throughout the season. One involves the complicated relationship between Bosch and his ex-wife Eleanor (Sarah Clarke), a former FBI profiler who now plays cards with Vegas high rollers. We also get to see more of Bosch's daughter Maddie this season, as their relationship becomes more of a focal point of the story. Then there's Deputy Commissioner Irving, played by the always-excellent Lance Reddick. He and Harry butted heads in season 1, but here Harry helps out Irving with a personal crisis.

In season one we got a little peek into Harry's back-story too. His mother was a prostitute who was murdered when he was a kid, and the killer has never been determined. Harry spent much of his childhood in state care where he was abused. This is explored a little more in season 2.

While the show has many characters, ultimately the show is carried squarely on the shoulders of Titus Welliver. Welliver does a great job playing Bosch. You would think that this type of character has been done so many times that it would feel old and stale. The hard-boiled, jazz loving, veteran cop who occasionally gets to be the tough guy and kick some ass. But Welliver brings something new and fresh to the role. He breathes life into the grouchy and stubborn character of Harry Bosch that readers of the novels know and love. The show doesn't always take place in the flashy LA that you see on other cop shows. It takes place around neighborhoods that you don't always see on TV, delivering a level of realism and grittiness that we as viewers much appreciate. It makes the city of Los Angeles a major character on the show and really adds to the overall character of the series.

Put it all together and you have one of TV's best cop shows. It improved upon its first season, delivering a thoroughly entertaining and highly binge-able season 2. Its shouldn't really be a surprise that this series is so good since it was developed by producer-writer Eric Overmyer, who's worked on two of the finest network and cable series ever, NBC's Homicide: Life on the Street and HBO's The Wire.

If you're someone who likes a good solid detective novel that unfolds methodically then Bosch is the series for you. You'll get hooked on this series very quickly and like me, you'll be very much looking forward to season 3.

Bosch is available to stream in its entirety on Amazon Prime.

Do you have any questions about TV? Email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future column.

Follow Bill on Twitter @BillsTVTalk and on Facebook at Bills TV Talk for daily up-to-the-minute TV news and discussion.

BACK PAIN: FROM 24

nerve roots, but the pain relief usually lasts less than a few months.

Education

There's no commonly accepted program to teach people with back pain how to manage the condition effectively. So education might involve a class, a talk with your doctor, written material or a video. Education emphasizes the importance of staying active, reducing stress and worry, and teaching ways to avoid future injury.

Physical therapy and exercise

Physical therapy is the cornerstone of back pain treatment. A physical therapist can apply a variety of treatments, such as heat, ultrasound, electrical stimulation and muscle-release techniques, to your back muscles and soft tissues to reduce pain.

As pain improves, the therapist can teach you exercises that can increase your flexibility, strengthen your back and abdominal muscles, and improve your posture. Regular use of these techniques can help prevent pain from returning.

Surgery

Few people need surgery for back pain. If you have unrelenting pain associated with radiating leg pain or progressive muscle weakness caused by nerve compression, you may benefit from surgery. Otherwise, surgery usually is reserved for pain related to structural problems, such as narrowing of the spine (spinal stenosis) or a herniated disk, that hasn't responded to other therapy.

To Email Dr. Rustum: rrrustum@yahoo.com

H-1B VISAS: FROM 3

to firings of American workers? If we look at the low number of 14,000 being fired, IBM for this year has added 15,275 H-1B workers. These H-1B workers have conceivably passed the amount of American workers IBM has fired, and the correlation being American workers have simply been replaced by foreign nationals to do the very same jobs Americans were recently doing. This is probably why there is a corporate media blackout of the mass firings going on within IBM. The sheer number of Americans losing their jobs based in the United States at the hands of a foreign nationals is certainly a media highlight no company wants to admit too.

What is happening at IBM? IBM CEO Ginni Rometty took over the reins at IBM in 2012, and since then, IBM has lost almost 20% of its shareholder value. Whatever vision Rometti had for IBM doesn't appear to be working out all that well, but long-time shareholders are happy, as IBM recently increased their quarterly dividend payout to $1.40 per share. IBM has also engaged heavily in share buybacks, a practice usually reserved for a company that feels they may be undervalued. However, what this practice also does is boost Earnings Per Share (EPS), which is tied in to executive compensation agreements. IBM is no exception. Since Rometty's takeover, IBM executives and directors have cashed in their shares for over $263 million dollars. To be fair, almost $48 million of these monies were a supplement to the "Golden Parachute" of Ex-IBM CEO Samuel Palmisano. Rometty, for her endeavors of plummeting shareholder value, has seen fit to cash in her "fair share" at just under $15 million dollars.

How do companies do this? Look no further than a mirror. Yes dear Americans, you are partially responsible for your own career demise. How do you ask? According to The Massachusetts Office of Campaign & Political Finance, IBM employees over the years have donated over $80,000 to Beacon Hill and current and past Massachusetts Attorney Generals campaign coffers. It would be interesting to see if some of those donors are or were part of IBM's past and current "RA" actions. The old cliché': "Elections have consequences" fits here as well. According to OpenSecrets.org data, IBM has contributed millions of dollars to Members of Congress, tens-of-thousands to Massachusetts' very own, including U.S. Senator Ed Markey, U.S. Senator Elizabeth Warren, and The Merrimack Valley's own, U.S. Representative Niki Tsongas. In Tsongas's case, and possibly her defense, she has been the recipient of the least amount of money from IBM.

The irony here falls upon the unions, and most likely the union leadership.

IBM has been successful in beating away any and all attempts at unionization to the point recently they simply gave up trying. However, these same unions donate large sums of money to the very same politicians that either legislate or look the other way while their jobs disappear. As readers can see, there's a lot of blame to go around when it comes to being outsourced, off-shored, or replaced by an H-1B Visa worker. It's unfortunate that the workers, whether they're unionized or not, continue to support the politicians that say one thing (i.e. support American jobs), but continue to do the opposite by taking the corporate monies and legislating your job away.

If there's any reason to question the rise of both Senator Bernie Sanders and Donald Trump, this is it. Whether you agree with their platforms or not doesn't matter. American workers are being systematically exterminated, the people who are losing jobs or can't get one, Americans know this all too well and they're angry. Corporations of course can use the H-1B hirings, as we see here at IBM, to claim that they are in fact hiring; but what they omit is that they're not hiring Americans. It also correlates to the oft-mentioned income disparity and income destruction, as H-1B workers, while still well paid in IBM's case, still does not equate to the pay and benefits of what their now fired American counterparts were receiving. In Massachusetts's case, our real median income level peaked in 2001, and we haven't been close to returning to those levels since. If you're over fifty at IBM and an American, you may as well have your cube packed, as even long-time employees who have had excellent reviews are not being spared, they are simply too costly. That cost by the way, to do business, has also only been driven higher, especially from healthcare costs for both the worker and employer.

Democrats and Republicans alike appear to be happy with this paradigm, the firing of the American Workforce, the importation of more H-1B's at the cost of American jobs in exchange for cheaper labor for their corporate connections, as neither party has done anything to change it. The corporate enablers may be happy because not only do they have a cheaper means to do business, they can continue to pay themselves quite handsomely at the American worker's expense.

It should be noted, that during research for this piece for The Valley Patriot, no one from local, state, or federal offices would respond to inquiry. IBM also did not respond to inquiry for this piece. Therein lies the problem, no one in our own government feels as though they need to answer to The People because they know that no matter how badly they treat us, The People will not only vote them back into office, but they will pay them by way of campaign donations to keep abusing us and putting more of our fellow Americans out of work.

AMERICAN LEGION NEWS

John Lenotte
VALLEY PATRIOT VETERAN COLUMNIST

Given the crazy weather temperatures we have been dealing with, it is hard to believe that May is here!

Typical of this time of year we look forward to Memorial Day weekend with its cookouts and the unofficial start of summer. Across the country, families will be visiting cemeteries, placing flowers on the graves of their loved ones. Veterans groups and boy scouts along with other volunteers will be placing flags on veteran's graves. A time to reflect, a time to remember. Many cities and towns will have a parade or a ceremony on the holiday. Each year the turnout seems to get smaller. It is sad that the sacrifices of our veterans get overlooked in favor of beer and hot dogs. I hope that this year you will take at least a few minutes to reflect on what Memorial Day is really about, the fact that all gave some but some gave all. Personally, it reminds me of the poem by Linda Ellis, "The Dash", which can be found on the Internet. Basically, think about when you visit your loved one's grave. We look at the name, year of birth and year of death. What is truly important is the "dash" between the dates. What did the person accomplish in their life time? What will you and I accomplish in our life time? That is what matters, not the beginning and end dates.

This is also high school and college graduation time and I offer my congratulations to all the new graduates. What I do find sad is that we see a very small number of high school seniors competing in the American Legion Oratorical Contest. Winners at the state and national levels get scholarship funds. And at the state level, the American Legion also gives out 15 scholarships each year. This year there were about 40 candidates. Not a lot of candidates but certainly good odds for the few that did apply. Perhaps those of you who have children or grandchildren who will be high school seniors this fall will keep this in mind as part of applying for college and looking at costs and scholarships.

Without getting too specific about one political party over the other, I think we are in for a wild ride this summer! I will say that one positive is that more people are turning out to vote in the primaries. I think a message for both parties is that many voters are fed up with the system and little action out of Congress. How long can we talk about tax reform or dealing with a future social security crisis? Enough of the blame game. And out of control government employees in agencies like the VA and IRS.

I go back to my earlier statements that there needs to be bipartisan actions in Washington. Term limits should be put into place for both houses of Congress. Yet, where are the voters who claim to be unhappy with the system. Will you vote this November? Whatever party or individual you support, I hope you will do your complaining in the voting booth.

May God Bless America and the troops and their families who sacrifice to keep us free.

John Lenotte, Commander, American Legion Post 4, Haverhill; Past Commander, Department of MA. I may be reached at: JohnLDistrict8@verizon.net

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